

Health

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Please fill out your project book neatly, complete each line and please use complete sentences. When doing optional activities, write your response on separate sheet of paper and staple in project book on page where activity is listed. If you have questions or need help completing your project book or with exhibit requirements please contact your project leader/instructor.

Project books are due to your Club Leader at your September meeting.

First Aid in Action – Health 1: In this book you will practice first aid skills to treat cuts, scrapes, nosebleeds, and bee stings. Also, learn how to respond to someone who is choking or has broken a bone; assemble a first aid kit; and interview members of the medical profession.

Book Requirements:

Year 1 - Complete all 12 Project Interest Areas

Year 2 - Complete 10 of the "More Challenges" activities. Keep a written record of each challenge completed, along with date of completion. Make note of which ones you completed and the results of that challenge. Turn in with your book.

BCYF Exhibit Requirements:

Year 1 - Design and create your First Aid instruction booklet. You will use and complete pages 31 - 36. One other page that needs to be in the booklet is a list of items you placed in your First Aid Kit along with a picture of the kit. ***Please do not bring the actual first aid kit to the fair.**

Year 2 - Make a notebook or scrapbook of the 10 "More Challenges" that you completed during this project.

WV State Fair Exhibit Requirements:

A poster or educational display on a First Aid In Action activity completed this year or your first aid kit complete with cards plus your "More Challenges" activities notebook and project book.

Staying Healthy – Health 2: This book involves using a self-assessment tool to identify personal talent areas; exploring hygiene, nutrition, and physical activities; and sharing what you discover.

Book Requirements:

Year 1 - Complete Chapters 1 & 2 "Get Smart" & "Brain-storming"

Year 2 - Complete Chapter 3 and 4 of the More Challenges activities. Keep a written record of each challenge completed, along with the date of completion. Make note of your results. Turn in with your book.

BCYF Exhibit Requirements:

Year 1 - Create a recipe box from a 4x6 file box that contains 20 healthy snack recipes. Recipes can come from project book, cookbooks, family recipes, food packages or internet. Recipes need to be on individual cards and on the back of each card make a notation of where the recipe came from.

Year 2 - Create a "Meal Plan Journal" with a weeks' worth of healthy meals, including Breakfast, Lunch, Dinner, & Snack. Prepare and serve one day's menu ideas for your family. Record with pictures, comments, and have your family evaluate the meal.

WV State Fair Exhibit Requirements:

A poster or educational display on a Staying Healthy activity completed this year plus your "More Challenges" activities notebook and project book.

Keeping Fit – Health 3: This project includes designing a personal fitness plan and tracking it using your own fitness file. Through interviews and personal experiences, you will discover the benefits of being fit.

Book Requirements:

Year 1 - Complete all the “Record your Results” & “Let’s Chat” for Chapters 1 & 2

Year 2 - Complete all the “Record your Results” & “Let’s Chat” for Chapters 3 & 4

BCYF Exhibit Requirements:

Year 1 - Create and design a Keep Fit Notebook. Use the top half of page 30 of your project book to interview 3 Professionals and your club’s Health Officer. Then add diagrams or pictures of exercises (from books or magazines) that a person can do to improve Flexibility, Endurance and Strength.

Year 2 - Create your own fitness program using your “Keeping Fit Notebook” from Year 1. Create a “My Fit Journal”, document with pictures of you ‘working’ out to your fitness program. Include your exercises, music selections, and schedule over a 6 week period, use page 35 of your project book. Make a copy for each week.

WV State Fair Exhibit Requirements:

Same as BCYF Requirements.

The 4-H Member selects their method of exhibition. It is the responsibility of the member to register and complete all requirements of their selected exhibition organization by directly working with them and following their rules/regulations/deadlines. Go to their websites for further information: berkeleycountyouthfair.org or statefairwv.com
If the member chooses to complete at the Club Level they should make arrangements with their Leader.