

DEPARTMENT 34 JUNIOR HEALTH and CITIZENSHIP



All posters must be 14"x 22"

Premiums:

1st \$2.00 2nd \$1.75 3rd \$1.50 4th \$1.25

CLASS A – HEALTH 1– FIRST AID IN ACTION

Item No.

1. Assemble a family first aid kit
2. Poster on first aid steps for cuts and scrapes
3. Poster on how to properly perform the Heimlich maneuver
4. Design a brochure about when to wear goggles to protect your eyes
5. Design a brochure on first aid steps for nosebleeds
6. Illustrated book of poisonous poisons
7. A written fire escape for your home
8. Set of first aid cards

CLASS B – HEALTH 2– STAYING HEALTHY

Item No.

1. Write an assessment of the information that you learned when you completed the "Health Smarts" self-assessment
2. Poster on tools to clean my teeth, hair, nails and skin
3. Assemble a book of healthy snack recipes
4. Poster on proper food portion sizes
5. Display of smart choices for a healthy breakfast
6. Scrapbook of photos of youth in different sports
7. Personal physical activity inventory for a month or more

CLASS C – HEALTH 3– KEEPING FIT

Item No.

1. Develop a "Fitness Feedback" questionnaire and summarize the "Fitness Feedback" interviews
2. Poster on nutrient-rich foods
3. Research and report on 5 different product health claims
4. Book of proper warm-up and cool-down routines to use when exercising
5. Design a brochure for "Staying Injury Free"
6. Develop a personal fitness plan and keep a log of the steps taken to achieve that plan
7. Design a brochure for an elementary sports team

CLASS E – SAFETY

Item No.

1. Scrapbook of a club's safety activities

CLASS F – BEAUTIFICATION

Item No.

1. Scrapbook of a club's beautification activities

CLASS G – RECREATION

Item No.

1. Scrapbook of a club's recreation activities

CLASS H – SOFTBALL

Member's Grade:

3-7 8-13

Item No.

Item No.

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| 1 | 5 | Poster showing official softball diamond, listing dimensions |
| 2 | 6 | Poster showing softball equipment |
| 3 | 7 | Poster listing good sportsmanship practice |
| 4 | 8 | Poster defining softball items |

CLASS I – HISTORY AND HERITAGE

Superintendent: Lisa Ritter

Member's Grade:

3-7 8-13

Item No.

Item No.

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| 1 | 15 | A creative display of objects within heritage box, shadow box, etc. (with or without photos) illustrating some aspect of your family's history. |
| 2 | 16 | A collection of "old" family recipes and a little note about where they come from |
| 3 | 17 | A creative display (poster, book, etc.) of your family tree (with or without photos) |
| 4 | 18 | A memory book that tells a story from your family's history (an event, a pet, tradition, etc.) |
| 5 | 19 | An illustrated album or display telling your personal story (autobiography or timeline) |
| 6 | 20 | A display of 4 or more old-fashioned games with the game supplies (if appropriate, with a written description of each game and its origin if you can find it) |
| 7 | 21 | A recipe book of old home remedies used for illness or beauty care |
| 8 | 22 | A photo of an old object with a written description of the object's importance to your family or community history |
| 9 | 23 | A display of an old-time or ethnic craft (whittling, rosemaling, etc.). Include a description of how to do the craft. |
| 10 | 24 | An illustrated (photos/drawings) history of an old building or of a community |
| 11 | 25 | A write-up of an interview (oral history) you did with an older adult. |
| 12 | 26 | An old object restored or renewed in a creative way. (If possible, include "before" picture. If over 3 feet, also show "after" picture. Do not bring the object.) |
| 13 | 27 | A record of your History and Heritage project (individual or group) |
| 14 | 28 | An illustrated album or display telling a story of a relative |
| 29 | 30 | Display presenting the history of a local celebration |

CLASS J – INTERNATIONAL PROJECT (grades 3-6)

CLASS K – INTERNATIONAL PROJECT (grades 7-13)

Superintendent – Cathy Dresen

Item No.

1. 2-D map of a country that displays one or more of the following: Geographical features, natural resources, imports/exports, topographical features, political boundaries, agricultural production
2. 3-D map of a country that displays one or more of the following: Geographical features, natural resources, imports/exports, topographical features, political boundaries, agricultural production
3. Display of a festival or holiday from a country or countries you have studied
4. Display of flags of countries you have studied
5. Display of cultures you have studied. This can include traditional costume, cultural arts, etc.
6. Display of famous people of a country
7. Display of one or more of the following: natural resources of a country, imports/exports of a country, agricultural products of a country
8. Develop a political, topographical or agricultural map of the world
9. Write an essay that compares/contrasts the United States to one or more countries
10. Create a historical timeline for a country you have studied

11. Display a collection of recipes from one or more countries
12. Display a collection of items from a country you have studied
13. Collection of letters from a pen pal from another country
14. A holiday decoration representing a country you have studied
15. Write a report comparing literature from another culture to that of the U.S. (i.e. fairy tales, legends, myths, tall tales, folk tales, poetry, etc. This may be no more than 2 pages double spaced, 12 point type.
16. Record of your International Project

**CLASS L – INTERNATIONAL PROJECT – Conference Danish
(Exhibitor must be present)**

All posters must be 14"x22"

Item No.

1. International craft/game, created from a different country, grades 3-6
2. International craft/game, created from a different country, grades 7-13

NOTE: These items will be judged in a face-to-face manner. Participants must be present at 2 PM on judging day for the judging. A sign in sheet will be available. A poster/flyer must accompany the exhibit to describe the exhibit. This will be left for the duration of the fair and will be on display if the craft/game is not able to be left at the fairgrounds for exhibit.