

DEPARTMENT 34 JUNIOR HEALTH and CITIZENSHIP



Superintendent – Cathy Dresen

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 – CLUB ACTIVITIES

Item No.

1. Scrapbook of a club's activities (safety, beautification, recreation, softball, community service etc.)

CLASS F – CITIZENSHIP

Item No.

1. Written ground rules
2. Community map
3. Magazine picture collage illustrating the group's issue
4. Written mission statement for the group
5. Notes from key interviews
6. Action plan of the group
7. Letters, fliers, posters, speeches, surveys, petitions or other examples of group's work
8. Group's story of its citizenship project, with illustrations
9. Final evaluation of the groups work

CLASS G – SERVICE LEARNING – Agents of Change

Item No.

1. Poster of problems or needs in my community
2. Report on what makes a worthwhile service experience
3. Display of my service learning mission
4. My service learning project action plan document
5. Service learning mission promotional material

6. Outline of a service learning presentation
7. Service learning mission written news release
8. Plans for my next service learning project
9. My service learning project journal, photo diary or scrapbook

CLASS H – SERVICE LEARNING – Raise Your Voice

Item No.

1. My community need survey results
2. Map of my community's assets and needs
3. Display of my public forum addressing a community need
4. List of possible solutions to my community's need
5. Risk management strategy for my project
6. My community project action plan document
7. Original poem reflecting on my service learning project
8. Outline and artifacts of a presentation documenting my service learning project
9. Outline of my service learning speech
10. Service learning promotional materials
11. My personal resume
12. My service learning project journal, photo diary or scrapbook

CLASS I – HISTORY AND HERITAGE

Superintendent: Jackie Thingvold

Member's Grade:

3-7		8-13	
Item No.	Item No.		
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)

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.

CLASS M – WORKFORCE READINESS – Get In The Act

Item No.

1. Report on importance of honesty in the workplace
2. List of 3 job references for my first potential job
3. Display of my personality type profile
4. Written story on the value of teamwork
5. Written review of teamwork in a local business
6. A teamwork scenario story
7. Profile on my first potential job
8. Report, artwork or collage of a chosen job
9. Story or picture collage of "typical day at my job"
10. Collection of 3-5 news articles exploring future career possibilities

CLASS N – ENTREPRENEURSHIP – Love It

Item No.

1. Collage of pictures of entrepreneurs
2. Report on the history of a product
3. List of my personal strengths self-assessment inventory
4. List of my business assets inventory
5. Written monthly time management schedule
6. Written profile of a local business
7. Sketch of my business idea

8. My entrepreneurship journal

CLASS O – ENTREPRENEURSHIP – Plan It

Item No.

1. Essay on my business plan recipe
2. Display of contrast and comparison of a product
3. Internet research report of my business idea
4. Inventory of internet business
5. Draft of my business web site
6. Written profile of my customers
7. 30-second commercial about me
8. Written news release about my business
9. Written classified help wanted ad for my business
10. Loan proposal document for my business
11. My entrepreneurship journal

CLASS P – ENTREPRENEURSHIP – Do It

Item No.

1. Written marketing plan for my business
2. Presentation on my business plan
3. Written customer service survey
4. Picture story of my entrepreneurship project
5. Documents showing my completed business plan
6. My entrepreneurship portfolio