

**DEPARTMENT 134 –
HEALTH AND CITIZENSHIP**

1. Individual conference judging will take place Wednesday, 12:00 – 6:00 p.m.
2. No more than **3** exhibits per member.
3. Posters must be 14" x 22". Attach entry tag to upper right corner.

Premiums: \$2.50 - \$2.25 - \$2 - \$1.75

Class A – Health

Lot Numbers

- 1 Display on injury and accident prevention
- 2 Display on fitness
- 3 Display on healthy diet
- 4 Create a family banner. Banner should be ready to be hung (maximum size 18" x 24")
- 5 A plan for family trip. Include maps and route, transportation, lodging information, budget, etc.
- 6 A plan for a family celebration. Include: invitations, music, quotes, etc.
- 7 A healthy Food Pyramid Box (use an old lunch pail, cigar or shoe box). Box should contain photos or models of a balanced meal. Specify on a 3" x 5" card the type of meal and the menu.
- 8 Analyze 10 food commercials. Display findings in a notebook.
- 9 Poster showing nutrient values of a fast-food meal
- 10 Personal fitness plan, including endurance, strength and flexibility

Class B - Citizenship

Premiums: \$1.75 - \$1.50 - \$1.25 - \$1.00

- 1 Display on what citizenship means to you
- 2 Citizenship project report (ideas to planning, action, results)
- 3 Photo display with captions that show your project in progress
- 4 Collage of citizenship issues
- 5 Display on skills learned and how you use them
- 6 Any other citizenship exhibit