

Division C - International	Class Number
Make a Geography Game	1
Pictorial Display of an Environment Clean-up Project	2
Exhibit About a Land Type (rain forest, desert, etc.)	3
Participate in the 1.5 Gallons of Water Per Day Activity for a Week (record and chart the results of your experiment, see literature)	4
Compare the Weather in Your Area With the Weather in Another Country (keep data for a week and chart the results)	5
Create a Display From a Family Holiday Tradition	6
Display Based on an Interview With an Older Family Member	7
Create a Family Tree	8
Prepare a Family Crest Highlighting the Countries Your Ancestors Came From	9
Any Other Project Related to "The World around Me" Topic	10
Display about the Culture or Traditions of a Country in the World	11
Display about a Youth Problem or Issue of Any Country in the World	12
Select a Holiday and Prepare an Exhibit Showing How it is Celebrated in Another Country	13
Recipe Book of Foods for an Ethnic Meal from a Country You Have Selected	14
Picture Collage or Exhibit of Clothing from Around the World	15
Construct a Game that is Played in Another Country (include instructions for play)	16
Prepare a Culture Kit That Contains Items Representing an Aspect of another Culture and its American Equivalent	17
Any Other Project Related to "People and Customs of the World" Topic	18
Poster or Display Promoting an Environmental Message	19
Explore the Problem of World Hunger and Create an Exhibit about Your Findings	20
Prepare Puppets and Script for Teaching a Lesson about the Importance of Good Hygiene, Immunizations or Adequate Nutrition for a Country in the World Today	21
Any Other Project Related to "What's Happening in our World" Topic	22

Dept. 34 Health

Betty Dombrowski, Superintendent

Open to all members enrolled in the Foods & Nutrition; Health Projects.

Entries will be judged face-to-face on Tuesday, 10 a.m. - 7 p.m. Judges will break for lunch.

Division A Premiums

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

Division A-Health	Class Number
Create 15 Coupons Ready to Give to Family and Friends	1
Develop a Family Celebration Around a Central Theme (Display items you would select such as invitations, music, quotes, prayers)	2
Select and Mount a Family Photo, 11"x14". Share on a 3"x5" card why you value your family.	3
Create a Family Banner, should be ready to be hung, maximum size 36"x30"	4
Prepare a Scrapbook From a Family Trip	5
Create Your Healthy "MyPlate" (plate should contain photos or models of a balanced meal. Specify on a 3"x5" card the type of meal and the menu.)	6
Record the Heart Rates of 15 People of Various Ages and Doing Different Activities and Record from the Carotid (Put on 3"x5" cards)	7
Exhibit Your Stress Exercise Log for the Last Year	8
Write a One Page Summary of "Why and How You Have Kept a Personal Diary/Log/Journal?" (Bring your journal with you to show proof that you have kept one. The judge won't read the journal's entries.)	9
Exhibit Your Family's Basic Six Food Log (log should be kept for two weeks)	10
For All Your Family Members and Yourself in Your Home, Create Do Not Disturb Signs	11