

Dept.33 Self-Determined Projects/Youth Leadership

Betty Dombrowski, Superintendent

Division A, Self-determined projects; Division B, youth leadership projects; Division C, international projects, exhibitors must be enrolled in Self-Determined, Youth Leadership, International, Ambassadors, Citizenship, Entrepreneurship, Personal Finance, Service Learning Project.

Division A-C Premiums

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

Division A- Self Determined Projects

| | Class Number |
|---|--------------|
| Any exhibit illustrating all or part of what you did in this project. Present an outline stating what you wanted to learn and do in this project and how you carried out these learning activities. Grades 3-5 | 1 |
| Any exhibit illustrating all or part of what you did in this project. Present an outline stating what you wanted to learn and do in this project and how you carried out these learning activities. Grades 6-8 | 2 |
| Any exhibit illustrating all or part of what you did in this project. Present an outline stating what you wanted to learn and do in this project and how you carried out these learning activities. Grades 9 and up | 3 |

Division B-Youth Leadership

| | Class Number |
|---|--------------|
| Display Designed to Recruit Members or to Improve How Your Organization Works | 1 |
| Planning Calendar Showing How You Helped in One of These Areas: Project Leadership, Organization Leadership, Activity Leadership | 2 |
| Display Showing How You Assisted in Teaching a Specific Project to Your Organization | 3 |
| Visual Aid You Used to Teach a Specific Project for Your Organization | 4 |
| Display Showing How You Assisted an Adult Leader | 5 |
| Display Showing How You Assisted in Leadership in an Activity for Your Organization | 6 |
| Exhibit featuring the Marathon County LEADS youth group. | 7 |
| A press release written to recruit members or leaders. | 8 |
| A display or report of leadership beyond the county level relating to 4-H or Cooperative Extension. | 9 |
| A banner designed to recruit members or to improve 4-H club work - minimum size 2'x3', maximum size 3'x5'. Any material except paper. Include a casing, dowel and string/cord for display. | 10 |
| Three-dimensional display designed to recruit members or improve 4-H club work. | 11 |
| Three-dimensional display showing leadership contributions to a district, county or state event | 12 |
| Scrapbook of in-depth, year-long educational project | 13 |
| 4-H promotional item (8-1/2x11" brochure, flier, power point, website, etc.) | 14 |
| Any other item, not previously listed above, that was useful to you as a youth leader. | 15 |

| 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 |