HEALTH
Each county may submit 3 entries total from 50226, 50227, 50228, 50229, 50230; and 1 entry from 50231.

50226  Health 1: Select four First Aid Skills and complete the activities for that section. Bring the project book and be prepared to discuss the completed sections. Exhibit a family first aid kit and be prepared to explain what each item is used for.

50227  Health 2: Select four Staying Healthy skills and complete the activities for that section. Bring the project book and be prepared to discuss the completed sections. Exhibit a “smarts” project as explained in the project manual.

50228  Health 3: Select four Keeping Fit Skills and complete the activities for that section. Bring the project book and be prepared to discuss the completed sections. Exhibit a poster or display on one of the Keeping Fit Skills.

50229  Health Innovation Class: (Open to youth who were at least 13 years of age on 9/1/16 and are enrolled in Health 1, 2 or 3.) Demonstrate the skills and knowledge you have gained through the Health project. The exhibit may include, but isn’t limited to, original works, objects, demonstrations, digital presentations, programs, websites, games, apps, performances, or posters which you have made. Choose whatever method best shows what you’ve learned. Your exhibit should not fit in the other exhibit options for this project. You must furnish any equipment you need for your exhibit. Internet service will not be provided for the exhibit. All exhibits must include something visual, such as a printed copy of a digital presentation, which will remain on display during the exhibition. Electronic equipment will only be used during your personal judging time and will not remain on display during the entire exhibit period.

50230  Health Clover Challenge: (Open to 15- to 18-year-olds enrolled in the Health Clover Challenge Project who have completed Health 1, 2 and 3.) Exhibits in this category should go “above and beyond” what the 4-H project books cover and should represent an accumulation of years of project study. The exhibit may include, but isn’t limited to, original works, objects, demonstrations, digital presentations, programs, websites, games, apps, performances, or posters which you have made. Choose whatever method best shows what you’ve learned. You must furnish any equipment you need for your exhibit. Internet service will not be provided for the exhibit. All exhibits must include something visual, such as a printed copy of a digital presentation, which will remain on display during the exhibition. Electronic equipment will only be used during your personal judging time and will not remain on display during the entire exhibit period. The completed Illinois 4-H Clover Challenge Agreement must be presented with the exhibit.

50231  Health Ready4Life Challenge: (Open to 11- to 18-year-olds enrolled in any Health project) Exhibits in this category must include the following: a) a physical representation of the career or business product such as a model, prototype or display/portfolio that includes images of accomplished work; b) verbal or written explanations that demonstrate knowledge of the related career or business fields, potential careers, and the appropriate requirements for achievement in those fields. The judging criteria for this class values thoroughness of career and/or business exploration and pursuit above the workmanship of the physical specimen on display.