

STAYING HEALTHY - 351 Project Guide Sheet

Project Description

Are you ready to explore your body and learn how to keep it healthy? That's what this project is all about. Explore places where germs hide and the importance of being clean in "Keeping It Clean". Learn about "power foods" in Eating Adventures. Check out what physical activity is doing for you in Activity Counts. This is a beginning level project.

To Complete the Project

Use your project book as a guide to do the following:

1. Explore all 12 Project Interest Areas by completing the "Get Smart" section in each. Consider "Show Your Smart" section for your final project activity.
2. Complete any 3 of the "More Challenges" listed throughout the book.
3. Take part in at least 2 Organized Project activities. Activities are listed on page 4.
4. Take part in at least 2 Citizenship/Leadership activities. Possible activities are listed on page 5.
5. Take part in a project review. If you choose not to participate in judging at the fair, make arrangements to discuss and review completion of your project with your advisor.

Judging of this Project

This project will be judged as part of Special Interest Judging;

Or
at the Richwood Fair Wednesday, August 27, 10:30 a.m.
at the Union County Fair on Sunday, July 20, 1:00-5:00 p.m.

Your advisor will tell you a more specific judging time later in the summer. At the specific judging time assigned to you, **bring your completed project book and your project display.** You will participate in an interview judging and then leave your exhibit (a display of your project) on display the entire week of the fair.

Project Display

Prepare a display that shows the judge and fair visitors what you learned and accomplished in your project. Your display could be a scrapbook, poster, item you created, or any method of showing what you have done. **If you choose to make a poster, the maximum size is 22"x28". Use regular poster paper, not foam board or a tri-fold board.** You may need to walk a distance from your parked vehicle to judging, plan accordingly. You may choose to bring additional items to show the judge your project work, that you do not leave on display. This is acceptable. You must however, leave something on display the entire week. **Your project book cannot serve as your project display.** Plan your display item carefully: fragile, valuable, or items that will be damaged by dust are not a good idea.

At the Union County Fair Special Interest Projects will be displayed in the Armory. At the Richwood Fair these projects will be displayed in the Booth Building.

Project Pick-Up

You must pick up your project display at the end of the fair, or arrange for someone to get it for you. At Union County Fair, Special Interest Projects will be released on Sunday, July 27, at 8 am - 4 pm. Projects not picked up by 4 pm will be disposed of or donated to charities. At the Richwood Fair, all Special Interest Projects will be released at 5 pm on Monday, September 1, and should be removed by 9 pm.

Award Presentation

Union County Fair Special Interest Project Awards will be presented at the Jr. Fair Awards Program on Saturday morning, July 26, 9:15 am in front of the Grandstand. Richwood Fair Special Interest Project Awards will be presented at the Jr. Fair Awards Program during the fair. Check the fair paper for the day, time, and location of this program.

Ohio State Fair Opportunity

This project **Does** have the opportunity to be displayed at The Ohio State Fair in 2008. Any 4-Her's who wishes to compete for an opportunity to display this project at The Ohio State Fair must participate in judging at the Union County Fair, as described above. Union County representatives to The Ohio State Fair will be chosen as part of Union County Fair judging.