

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.
4. Take part in at least 2 Citizenship/Leadership activities.

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;
at the Union County Fair on Wednesday-Friday prior to the start of the fair.
OR
at the Richwood Fair on Sunday immediately prior to the start of the fair

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. For example: objects used or created, experiments performed, visuals, and other items used to complete project book activities, or a poster showing project activities and results. **If you choose to make a poster, it must be regular poster board (maximum 22 x 28), not foam board or tri-folds. Your project book cannot serve as your project display.**

Display Areas

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 Jr. Fair 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 Saturday of the fair from 4 p.m.-5 p.m. Projects not picked up by 5 p.m. will be disposed of or donated to charities. At the Richwood Fair, all Special Interest Projects will be released at 3 pm on Monday of the fair 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 Tuesday of the fair at the Armory.

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. Any 4-H'er 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. Display should be the one used at their county fair.