



**Healthy Living for Life**  
A 4-H Exhibit  
For Junior & Intermediate 4-H



Do you want to be healthy and happy? Do you want to learn about good food and exercise?

**Healthy Living for Life** lets you:

- Learn about good cooking.
- Be safe with food.
- Learn about jobs working with food.

**What You Will Also Learn:**

- To build a table top exhibit.
- To show off what you know.
- How to find and organize facts.

**NOTE OF IMPORTANCE:** A County, Region/Area may develop foods exhibits to meet the needs of 4-H youth, ages 9 to 13. These may be cooked exhibits following food safety guidelines.

**Rules!**

- Choose some topic about food, nutrition, and health.
- Teach people about that topic.
- You can work alone or in a two-person team.
- Exhibits must fit on a table 3 feet long and 3 feet deep. Your exhibit may not be taller than 36 inches. Don't use the wall to hang up stuff.
- Your work must be your own. You can use a computer to make charts or pictures.
- What you say must be correct. Tell where you got your information.
- Provide a handout about your subject.
- Nothing that moves is allowed. You can't use sound or lights.
- Be ready to answer judges' questions. Dress nicely.
- You have to set up your exhibit without too much adult help.
- Identify your exhibit as 4-H. Your audience should know you are a 4-H member. You might want to use a 4-H table cloth or display the 4-H flag.
- Cover trade names so that you are not promoting a specific brand.

**Something to Think About**

Can you use what you have learned to help others? Service to others is an important part of 4-H.



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