



Healthy Living for Life A 4-H Exhibit

How can you help your friends be healthier, smarter, and live better lives? How about building your own gen-u-ine **Healthy Living Exhibit**? Your knowledge of nutrition, fitness, and health can make a real difference! And this project has great ideas on careers that range from the medical advances and state-of-the-art agriculture all the way to fine dining.

Healthy Living for Life lets you:

- Explore the principles of human nutrition, diet, and health.
- Relate good cooking to healthy living.
- Practice safe food preparation and storage.
- Explore exciting and interesting career opportunities.

What You Will Learn:

- How to produce an effective table top exhibit.
- How to express your knowledge through visual and verbal communications
- How to be persuasive in presenting information.
- How to find and organize facts.

Who Can Participate

Any Alabama young person may participate in any 4-H event. However, you must be a member of an Alabama 4-H Club. It's easy and quick to join – just call or e-mail your county Alabama Cooperative Extension System Office for information (for contact information, go to www.aces.edu/counties).

If you and your friends are interested, you might wish to start a 4-H Project Club that focuses on the Culinary Arts, Health and Fitness, or some other aspect of fitness or food. For more information, see **Starting a 4-H Club** (www.Alabama4H.com). **Healthy Living** is a 4-H Event. Your local Extension Office has information on all local and regional 4-H activities.

Levels of Competition

For details on eligibility, see the General Policy.

- **Juniors:** 9 – 11 Years Old. Must be 9, 10, 11, years old prior to January 1 of the Alabama 4-H year.
- **Intermediates:** 12 – 13 Year Old. Must be 12 or 13 years old prior to January 1 of the Alabama 4-H year.
- **Senior – Level I:** 14 – 15 Years Old. Must be 14 or 15 years old prior to January 1 of the Alabama 4-H year.
- **Senior – Level II:** 16 – 19 Years Old. Must be 16, 17, 18 or 19 years old prior to January 1 of the Alabama 4-H year.

Rules for Healthy Living for Life Exhibit

Compete by yourself or on a two-person team. Youth on teams should be the same 4-H age level (e.g., Senior Level II).

- The purpose of your exhibit is to look at some important aspect of food, nutrition, and health.
- The purpose of your exhibit is to teach or inform.
- Exhibits must fit on a table 6 feet long and 3 feet deep. The height of the exhibit may not be taller than 36 inches. You may not use the wall to post materials.
- Everything in the exhibit must be original and developed by the 4-H members. Computer generated visuals may be used.
- Information in the exhibit must be accurate. Use references when appropriate. Be aware of copyright laws – don't copy information from another source without crediting the source
- Provide an educational handout.
- Moving parts, sound or light of any type are not allowed in the exhibit.
- The participant(s) must be available at the exhibit to answer judges' questions. The judges will informally talk with you about the subject of your exhibit and how you put the exhibit together. Naturally, you will need to be well groomed and appropriately dressed.
- The 4-H member must be able to set up his or her exhibit without excessive adult help.
- You cannot provide prepared foods to taste.
- Identify your exhibit as 4-H. Your audience should know you are a 4-H member. You can be creative in how you accomplish this. Use a 4-H table cloth or display the 4-H flag.
- Cover trade names so that you are not promoting a specific brand.

Parents' and Volunteers' Guide

Like all 4-H projects, this activity is just for young people. It is expected that the young person create an original presentation. The role of adult helper is to support and encourage youth in their efforts, to ask and answer questions about the project, and to help youth learn specific techniques that they might use in their project.



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How to Plan an Exhibit

Choose a topic: Have you learned something that you want to share with other people? Are you interested in learning about Sports Nutrition or Mexican Food or another topic?

Choose your goal: Do you want to teach something important? Do you want to share your love of some special food – like eggs, breads, or nuts? Do you want to show how star athletes use good food as part of their training?

Choose a title: Make it short and catchy. Have a strong theme that can be told in a short phrase. Tell the most important point and be original.

Choose your support materials: What materials and props will you need? Make a poster or some other visual aid with the title, and produce any other posters, photos, or graphs that will help explain your topic. What if you had information printed on CD covers or ran it up the sides of a sky-scraper or a series of buildings? Be creative!

Get People Interested: Think about your exhibit like a great window display in a store window. What gets people's attention and powerfully informs them?

Setting Up Your Exhibit

Choose a focal point for your exhibit

Try to avoid always using the middle of the table as the center of your exhibit. What is the most interesting part of your display? The viewer's eyes should naturally go from the title poster to the most important part.

If you use several objects, vary the sizes, shapes, colors and heights. You may want to use covered boxes or storage containers to create different levels within your display.

Arrange your exhibit

- An observer's eyes usually travel from left to right. Place heavy, large or bright objects on the left side of your display.
- Decide on the type of balance that you want. *Formal balance* means both sides are the same. *Informal balance* means the left side is "weighted" differently from the right side.

Circle balance means the display is arranged around a central point.

- Decide on an overall color scheme. Grays, greens and blues are good for backgrounds. Is the theme of your exhibit exciting or restful? Warm colors (red, yellow, and orange) stand out and are stimulating. Cool colors (blue, green) are calm and restful.
- Use labels if you have several items on display.
- Avoid clutter. Make sure everything is really needed and leave out anything that doesn't fit.
- Make all lettering easy to read: simple, neat and well spaced. Spell all words correctly and erase any pencil guidelines you use. You may wish to print out your labels, posters, and lettering on your computer. Use a type style that is easy to read.

Materials You May Need

1. **Background** - Cardboard display boards from an office supply store are excellent. You can make your own background from heavy paper such as cardboard. Light plywood is also a good construction material.
2. **Exhibit Fronts** - You will want paper, cloth or another material to cover or skirt the front and sides of the table. This makes your exhibit area appear neater and hides extra supplies under the table.
3. **Fasteners** – How will you attach your posters to your background? Thumb tacks, sticky tack, spray adhesive, map tacks, rubber cement are possible choices.
4. **Stability** – You don't want your exhibit to fall over! You should expect that the exhibit will be bumped at some point. Make sure everything is secure and try not to use items that are easily broken.
5. **Exhibit Materials** - Don't forget to bring everything you will need for your exhibit.
6. **Remember:** You can't use materials that will leave the area (floor, tables, walls) damaged.

Note: Tables (6' x 3') will be furnished for your exhibit. Backboards are not required.

For the Junior/Intermediate Level: Local and Regional/Area Events may be designed by the planning committee as a display of cooked/baked dishes using MyPyramid for a balanced and nutritious grouping. The judging may include taste testing by the judges. Food Safety Guidelines should be used in the display.

Identification of Entry

Name(s), county and level of participation should be displayed with each entry. 4-H Project Exhibit cards are available, but not required

Deductions in Healthy Living

>Use of copyright materials without credit
>Display of brand names

4-H Regional/Area Awards will be determined by the planning committee for that event. Notice will be sent to each county.

State Competition

> **Beginning in 2009, each county may register one Senior Level I and one Senior Level II individual in each event that is offered.**

>At State, ribbons will be awarded to 50% of the participants in a contest using ordinal rankings up to a twelfth place ranking. Example: If there are 10 participants, first place will receive the Alabama State Trophy and a first place ribbon; placing ribbons will be awarded for the next four ranked participants for placing of second through fifth. The other five participants will receive honorable mention ribbons.

Career Connections

There are some great careers in Foods and Nutrition! You can be a scientist who researches biochemistry or a professor who teaches about obesity, diabetes or nutrition. You can work in a variety of fields such as sports nutrition or food quality and safety.

Registered dietitians find careers with physicians, in food companies, hospitals, public health, government, wellness programs, and education. Training in foods, nutrition and health opens doors to a variety of careers in public relations and journalism. Nutrition Science majors have an excellent background for entry into medical, dental, pharmacy, veterinary school, or other graduate programs in the biological and health sciences.

Above and Beyond

All 4-H projects can be taken “above and beyond” just being a short-term activity. Awards and recognition throughout Alabama 4-H are not based on how well you do in competitive events; they are based on your all-round community service, leadership, and project work. It is important to keep a record of your accomplishments and activities in 4-H.

- Put together a portfolio of ideas on how to communicate an important health issue.
- Give a presentation of some aspect of foods and nutrition.
- Take “magazine” photographs of fruits and vegetables.
- Create a graphic novel confronting a health issue.
- Use the information from your exhibit to write a point of view article for a 4-H newsletter or your local paper.
- Observe the exhibit work of your fellow 4-Hers. Discuss with your parents or another adult or friend what kept you interested in the exhibit, what the strong points were, and what could have been improved.
- Turn that critical eye on your own exhibit. What keeps you interested in the topic? What are the strong points of your exhibit? What would be improved?
- Go to the mall or any public place where you will see people. Pick out four or five people and take notes on what they are wearing and how they look. Take some time to write about what each person is communicating through their appearance. What do you want your clothes to communicate to the judges when you are answering questions about your exhibit?

Healthy Living Exhibit Ideas

Food Preparation: Measuring equipment, microwave cooking

Food Safety: Handling foods, Cleanliness, Picnic Ideas

Foods & Fitness: Sports, Healthy Snacks, Beverages, Water

Special Diets: Diabetic, Healthy Heart, Weight Control, Sports Diets

Foreign Foods: Include recipe and background Edible Wild Plants

Smart Shopping

Healthy Living for Life: 4-H Foods and Nutrition Exhibit Score Sheet

Exhibit #: _____

County: _____

Level: ___ *Junior* (Age 9-11) ___ *Intermediate* (Age 12-13) ___ *Senior I* (Age 14-15) ___ *Senior II* (Age 16-19)

Title of Exhibit: _____

Participant #: _____ **Date:** _____

Criteria (Check One)	Excellent ✓	Good ✓	Needs to Improve ✓	Points Received	Comments
Educational Value – 50 pts <ul style="list-style-type: none"> • Information presented was factual and accurate - references given when appropriate • A skill or knowledge was taught to the audience about food, nutrition, and health. • Information presented was of value and interest to the audience. (<i>Food in Exhibit is Educational Value Only, no tasting allowed</i>) • Exhibit handout 					
Exhibit Organization and Appeal- 30pts <ul style="list-style-type: none"> • Exhibit fits on a 6 ft x 3 ft table. Display materials are no taller than 36 inches. Nothing hung on the wall or front of the table. • 4-H program was identified within exhibit • Exhibit topic is simple and easy to understand about food, nutrition or health. • Color and design used appropriately. • Design principles of shape, texture, and balance are followed. • (<i>No moving parts, sound, or lights</i>) • Visual aids with instructions or information were neat and easy to read. • Original printed materials. Computer generated visuals are acceptable. No copyrighted materials without permission. No brand names. 					
Individual(s) – 20 pts <ul style="list-style-type: none"> • Exhibitor(s) were knowledgeable, could answer questions, displayed competency and enthusiasm. • Exhibitor(s) dressed appropriately – neat and clean • Exhibitor(s) were welcoming and appeared comfortable with their topic and audience. 					

Deductions: 5 points each for Use of copyright material w/o credit or display of brand names. **Total Deductions** _____

Total Score after Deductions: _____

Additional Comments: