



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: Local, 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.

Score Cards for this Project

More information about this project, including a score card, is found in the senior 4-H competitive events information.

Levels of Competition

Look at **General Event Policy for eligibility.**
http://www.aces.edu/fourh/docs/programs/General_Contest_Policy.pdf

Check the **Alabama 4-H Age and Eligibility Chart to determine the divisions of 4-H Membership.**
http://www.aces.edu/fourh/docs/programs/Eligibility_Chart.pdf

The 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. You might want to use a 4-H table cloth or display the 4-H flag.
- Cover trade names so that 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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