

The county fair . . . what a great time it is! Every summer, families flock to county fairs to see the latest 4-H project exhibits. Exhibiting is a fun way for you to showcase your project work. Here are some exhibiting ideas for you.

Suggested County Fair Health Exhibits

The following list of exhibit ideas is based on the latest 4-H curriculum. Use it to generate project entries for your next county fair. If you're a county fair superintendent, use this list to enhance your county fair premium book.

Level 1: First Aid in Action

1. First aid kit needs for my family
2. First aid steps for cuts and scrapes
3. Heimlich maneuver
4. First aid steps for sprains, strains and bruises
5. First aid steps for nosebleeds
6. First aid steps for removing foreign objects from our bodies
7. First aid steps for stings
8. First aid steps for bites
9. First aid steps for poisons
10. First aid steps for broken bones
11. First aid steps for burns
12. Family first aid kit
13. Set of first aid cards
14. Completed member guide (08174)

Level 2: Staying Healthy

1. "Health Smarts" self-assessment
2. Germ hiding places in my home
3. Tools to clean my teeth, hair, nails and skin
4. How to clean my ears and eyes
5. Power foods
6. Healthy snack recipes
7. Food portion sizes
8. Smart choices for a healthy breakfast
9. Weekly personal fitness test results for two months or more
10. Scrapbook of photos of youth in different sports
11. Personal physical activity inventory for a month or more
12. Final "Show Your Smarts" project report
13. Completed member guide (08175)

Level 3: Keeping Fit

1. "Fitness Feedback" questionnaire
2. Summary of "Fitness Feedback" interviews
3. Water intake chart and results
4. Nutrient-rich foods
5. Product health claims
6. Demonstration of proper warm-up and cool-down routines when exercising
7. "Staying Injury Free" brochure
8. Personal "Fitness Facts" results
9. Personal fitness plan

10. My personal fitness accountability plan
11. Personal fitness plan for a friend
12. My personal "Fitness File"
13. Completed member guide (08176)