

HEALTH AND CITIZENSHIP

Department 34

Check-In

Tuesday, 1 - 7 p.m., Exhibition Hall

Judging

Tuesday, 1 - 7 p.m., Individual Conference, Exhibition Hall

Department Chairperson

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Eligible 4-H Project Areas

Folk Arts & Crafts, Civic Engagement, Community Service, Global & Cultural Education, History & Heritage, Intergenerational, Workforce Readiness, Entrepreneurship, Health, Personal Finance, Sports & Fitness

Regulations

1. A project may be a mobile, a model, photo, something moving, actual articles, posters (22"x28"), reports or a combination of any display methods.
2. Entry tag must be securely attached to the exhibit or display.
3. The Fair will attempt to provide security for all projects. However, exhibitors are cautioned that they exhibit projects at their own risk.
4. It is the exhibitor's responsibility to note on their entry form the amount of floor space needed for large exhibits as well as case display space needed for valuable exhibits.
5. **All projects entered should be the result of the exhibitor's work during the current 4-H year.**
6. Please refer to the Individual Conference judging rules listed in the front of the premium book, under Rules & Regulations, item 11a.
7. Judge's decision is final.

Premiums

<u>Blue</u>	<u>Red</u>	<u>White</u>	<u>Pink</u>
\$2.50	\$2.25	\$2.00	\$1.75

CLASS A. History and Heritage

Family

- 1) Family tree properly recorded (may include pictures)
- 2) Written account of an interview of a family member (may include pictures)
- 3) Biography of an ancestor (may include pictures).
- 4) Geographic map(s) and narrative tracing your family ancestor(s) migration from where they originated to present (use an adequate explanation and be creative)
- 5) Exhibit or report about your family's settlement in an area (may include pictures)
- 6) Historical research on family farm or family home (may include pictures)
- 7) Heritage box with old family possessions (identify the possessions and the generations). Exhibitor must set-up (arrange) items in box, basket or similar enclosure before it can be judged
- 8) A written report and collection of genealogical correspondence used in searching for your family roots
- 9) Yesteryear-to-today pictures and explanation of somebody or something related to family history
- 10) Any other exhibit of historical significance

Community

- 11) A picture history (past and present) or written report about historical development of the community in which you live
- 12) Written account of an interview with an older resident(s) of the community (may include pictures)
- 13) An exhibit about early settlers or Native Americans in your area
- 14) An exhibit of early farming or industry in your community which shows methods used for production in the past
- 15) An exhibit of an old art or craft (attach explanation of process and materials used)
- 16) Written report of a current or potential community landmark project
- 17) Any other exhibit of historical significance

CLASS B. International

Unit 1

- 1) Display about the basic elements needed for survival on planet earth
- 2) Display on conserving and maintaining the basic elements needed to ensure future survival
- 3) Display on how the earth is a closed ecosystem with limited resources
- 4) Display showing how geography affects the way people live
- 5) Display showing the importance of water to living things
- 6) Display showing how weather effects our lives
- 7) Display showing different ways we use energy
- 8) Display showing cultural diversity in your community

Unit 2

- 9) Display showing lifestyles of children around the world
- 10) Display showing different ways people greet one another
- 11) Display identifying the origins of foods from around the world
- 12) Display on international clothing
- 13) Display on games children play around the world
- 14) Display on flags of different countries with explanations of flags' symbols

Unit 3

- 15) Display illustrating the concept of global interdependence
- 16) Display designed to develop an understanding of the different aspects of an environmental problem
- 17) Display on the hunger problem
- 18) Display on international health problems
- 19) Display on the international drug situation

CLASS C. Intergenerational

- 1) Display on sensory changes that occur as people age
- 2) Display on ways to help an older person who has physical limitations
- 3) Display on what happens to our bodies as we age
- 4) Display on a new communications skills you have learned
- 5) Display on a new "friendship" you have formed through this project
- 6) Display on something "new" you learned in this project

CLASS D: Health

Purpose: The Health & Wellness division encourages youth to explore topics that promote physical, mental, emotional, and community health. Exhibits should demonstrate learning, creativity, and the ability to apply health concepts to daily life.

Unit 1: Personal Health & Wellness **NEW THIS YEAR**

(Focus: Physical fitness, hygiene, and healthy daily routines)

- 1) Exhibit on fitness
- 2) Display on personal hygiene and germ prevention
- 3) Any other Physical fitness, hygiene, and healthy daily routines exhibit

Unit 2: Nutrition & Food Choices **NEW THIS YEAR**

(Focus: Building healthy eating habits and understanding nutrition labels)

- 4) Display on food choices
- 5) Exhibit on meal planning for athletes or busy teens
- 6) Any other Building healthy eating habits and understanding nutrition labels exhibit

Unit 3: Mental & Emotional Health **NEW THIS YEAR**

(Focus: Stress management, self-esteem, and emotional well-being)

- 7) Exhibit on ways to reduce stress, coping skills or emotional expression
- 8) "Kindness Wall" or gratitude display
- 9) Friendship Want Ad
- 10) Poster that illustrates individual uniqueness
- 11) Exhibit on the importance of sleep and how it affects mood and focus
- 12) Any other stress management, self-esteem, and emotional well-being exhibit

Unit 4: Safety & Injury Prevention **NEW THIS YEAR**

(Focus: Preventing accidents and promoting safe behavior at home, school, and work)

- 13) Bicycle or helmet safety demonstration
- 14) Display on first aid or sports injury prevention
- 15) Exhibit on distracted driving or ATV safety
- 16) "Emergency Preparedness" kit or poster
- 17) Any other preventing accidents and promoting safety exhibit

Unit 5: Substance Use & Prevention **NEW THIS YEAR**

(Focus: Awareness and prevention of tobacco, alcohol, and drug use)

- 18) Lung model or exhibit showing effects of smoking or vaping
- 19) Exhibit showing the consequences of substance use
- 20) Any other tobacco, alcohol, and drug use exhibit

Unit 6: Human Growth & Development **NEW THIS YEAR**

(Focus: Understanding the body and making informed choices)

- 21) Model or display of body system(s)
- 22) Display on the body in motion
- 23) Exhibit on diseases
- 24) Any other human growth and development exhibit

Unit 7: Digital & Social Media Health **NEW THIS YEAR**

(Focus: Mental health and safety in the digital world)

- 25) Display on the effects of social media on body image, grades, time management, sleep, etc.
- 26) Digital well-being challenge (screen-free week report)
- 27) Exhibit on online safety and cyberbullying prevention
- 28) Any other Mental health and safety in the digital world exhibit

Unit 8: Family & Relationship Health **NEW THIS YEAR**

(Focus: Communication, respect, and healthy family dynamics)

- 29) Exhibit on conflict resolution strategies or positive communication
- 30) "My Family Tree of Health" - heredity and family wellness history
- 31) Any other communication, respect, and healthy family dynamics exhibit

Unit 9: Public Health & Advocacy **NEW THIS YEAR**

(Focus: Engaging youth in real-world health issues)

- 32) Create a PSA or exhibit on mental health awareness
- 33) Letter to a legislator
- 34) Poster promoting volunteer opportunities in health organizations or health careers
- 35) Any other real-world health issues exhibit

CLASS E. Folk Arts

For any of these exhibits, the display could be a written report, pictures, poster, mobile, etc.

- 1) Display on a field trip taken
- 2) Display on a folk art scavenger hunt
- 3) Display showing examples of a variety of folk arts
- 4) Display on the history of a folk art
- 5) Display on a visit with a folk artist
- 6) Display on folk art in your community
- 7) Display of a folk art from your family
- 8) Family folk arts exhibit you created
- 9) Folk art photo story
- 10) Display on a folk art interview conducted
- 11) Display on a folk art exhibit you created
- 12) Display on a folk art celebration you planned
- 13) Folk arts booklet compiled

CLASS F. Personal Finance

For security purposes, do not use personal/family financial information. Exhibitors must use created/fictitious names and numbers for all lots in this class.

- 1) My "Needs and Wants" portrait
- 2) Make smart spending goals poster or display
- 3) How to manage a checking account display or booklet
- 4) How to comparison shop for a product
- 5) Any other item not listed above

CLASS G. Service Learning

- 1) Poster, collage or model of problems or needs in my community
- 2) Service learning mission newsletter
- 3) A service learning project journal, photo diary or scrapbook
- 4) Any other item not listed above

Special Awards and Sponsorships

Miller & Sons Supermarket - All ribbons. Award and rosette to Champion and rosette to Reserve Champion of designated classes.

**2026 Dane County Fair
4-H Graduation and
Fair Awards**

**Sunday, July 19 - 2:30 p.m.
Exhibition Hall A**