

Healthy Living/Spring Fun Fair

Cleveland County Frye Auditorium

Date: Friday April 16, 2021

All individual food entries, posters, displays, etc. will be received 8:00AM to 5:00PM on Thursday April 15, 2021 at the Extension Office

Closed Judging for Individual Entries will be Friday morning & Appropriate Dress/Dress Review, Friday, April 16, at 6:00PM

Purpose:

- Provides an activity that will promote cooperation, education and teamwork within the local club.
- Promotes healthy lifestyles and choices through work, family and friends.
- Promotes and encourages a lifestyle which involves good nutrition and exercise.
- Promotes quality in project work.

Age Divisions:

Cloverbud (Ages 5-8, if 8yrs old after Sept. 1, 2020)

Junior (3rd grade & 8yrs old by Sept. 1 - 5th grade)

Intermediate (Grades 6th, 7th & 8th)

Senior (9th grade - 12th grade)

Guidelines

1. **ONLY** interactive displays, stationary displays, educational displays **MUST** be registered by specific day (**Entries DUE April 8, 2021 by 4:30PM to the Extension Office**).
2. **All entries will be turned in on Thursday April 16th between 8:00 –5:00PM, in the Frye Auditorium.**
3. Pre-entry for individual food entries, posters, etc. is **REQUIRED**. If the exhibitor is unable to attend, an adult may make the entry.
4. Exhibitors are encouraged to participate in a variety of activities scheduled throughout the Healthy Living/Spring Fun Fair.
5. Club or small group events shall consist of members from within a local 4-H club
6. Youth may enter more than one class in each category, but are limited to one entry per class.
7. All food preparation exhibits must be made from scratch.
8. Each food exhibit is to be shown on a disposable plate and put in a zip lock bag. The casseroles, salads, and cakes should be displayed whole and must be covered.
9. Name, age, class name and number must be securely attached to the bottom of the plate, dish or exhibit.
10. **Recipes must be attached to all entries. Entries will not be judged without attached recipe.**

Awards

Blue, Red and White Awards will be given for all categories. **Healthy Living Special Incentives Awards** will be presented to 4-H members who participate and exhibit quality entries in at least **one (1) group event and at least three (3) of the individual 308 numbered categories**. Please indicate at the time of entry that you are applying for the special incentive awards. Special Incentive Award forms can be picked up from the Extension office or from your local club leader.

Evaluation Method for Displays and Posters

- 50% Educational Value
- 25% Creativity and Quality
- 25% Knowledge gained by members

Fair Categories will be used for entry categories—Save your Fair Book

Group Projects

Junior Groups (Ages 3rd - 7th grade)

Senior Groups (Ages 8th - 12th grade)

Combination Junior/Senior Group

1. Newsletter

One (1) page (front and back of 8 ½ x 11") newsletter promoting a single topic or multiple topics related to health and wellness. Topics could include nutrition, healthy lifestyles, exercise, personal development, citizenship, etc.

2. Educational Video Tape or Power Point

A three (3) minute program promoting some topic of health and wellness. Topics could include; nutrition, healthy lifestyles, exercise, personal development.

3. Interactive Display

Manned educational display promoting some topic of health and wellness. Topics could include nutrition, healthy lifestyles, exercise, personal development, etc.

Additional Educational Displays

(These items are not County Fair eligible)

Junior (Ages 3rd - 5th grade)

Intermediate (Ages 6th - 8th grade)

Senior (Ages 9th - 12th)

Poster - Must be 14" x 22" and must be signed on back and laminated.

30828	Nutrition
30829	Exercise
30830	Personal Development

Free Standing - with attached sides, must be no larger than 3' deep, 3' wide & 3' tall.

30831	Nutrition
30832	Exercise
30833	Personal Development
30834	Healthy Lifestyles
30835	Positive Choices

Additional Food Preparation Categories

(These items are not County Fair eligible)

Light & Healthy

30836	Quick Bread
30837	Cookie
30838	Cake
30839	Casserole
30840	Snacks

Recipe modification: include with exhibit; original recipe, what modifications were made, benefits of the modifications, how did the modifications impact the above factors and what were other people's responses.

Salad (no meat)

30841	Vegetable or Fruit
30842	Dessert
30843	Miscellaneous Salads

Casseroles

30844	Meat Casserole (one serving)
30845	Vegetable Casserole (one serving)

Nutritious Sack Lunch

30846	The container will not be judged. The contents will be judged on nutrition (My Plate), texture, color & taste
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Appropriate Dress

Purpose:

The appropriate Dress Contest is an opportunity for 4-Her's to display their talents in clothing selection, fit, accessories and interviewing.

Rules:

1. The contest will be divided into age groups (age as of September 1, 2018)
 - A. Junior (Ages 3rd - 7th grade)
 - B. Senior (Ages 8th - 12th grade)
2. Judging will be based on the fit and coordination of the outfits.
3. Judging scores depend on 50% presentation of garment on body and 50% interview.
4. All participants will receive a blue or red award.

Categories:

Casual Wear Garments worn to school, fair, rodeo, movies, shopping etc

Active Wear Garments worn to play tennis, skiing, jogging, etc.

Dress/Formal Wear Garments worn to weddings, church, tea-length or long formal, tuxedo, etc..

Business Professional Wear Garments worn for a job or scholarship interview.

Appropriate Dress Objectives:

- Learn to select fashionable garments suitable for specific occasions
- Learn to select garments and accessories to enhance body type and personal coloring.
- Learn to build a clothing wardrobe that is suited to individual lifestyle and needs.
- Learn to recognize and wear properly fitted clothes
- Develop self confidence and poise by dressing right for the occasion.
- Learn to practice good grooming and good posture to enhance personal appearance.

