

Department 34 Health, Safety, & Citizenship

Regular or Danish Judging System

HEALTH, SAFETY, & CITIZENSHIP EXHIBITS

1. All posters must be no smaller than 11"x14" or larger than 14"x22".
2. Poster must be original composition.
3. Posters should tell a health related story or convey a health related idea.

See current rule book for entry due dates, rules, and judging schedule.

Premium Schedule – All Classes: Blue - \$3.00 * Red - \$2.75 * White - \$2.50 * Pink - \$2.25

Class A – Health

Lot Numbers, Class A:

Level One – Grades 3-5

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| 1. First aid steps for cuts and scrapes | 6. First aid steps poisons |
| 2. First aid for choking | 7. First aid steps broken bones |
| 3. First aid steps for sprains, strains, and bruises | 8. First aid steps for burns |
| 4. First aid steps for nosebleeds | 9. Family first aid kit |
| 5. First aid steps for stings or bites | 10. Set of first aid cards |

Level Two – Grades 6-8

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| 11. Where germs hide in the home | 15. Healthy snack recipes |
| 12. Tools to clean my teeth, hair, nails, and skin | 16. Food portion sizes |
| 13. How to clean my ears and eyes | 17. Smart choices for a healthy breakfast |
| 14. Power foods | 18. Physical activity inventory for a month or more |

Level Three – Grades 9+

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| 19. Water intake chart and results | 23. Brochure on how to stay "injury free" |
| 20. Nutrient-rich foods | 24. Fitness plan |
| 21. Product health claims | 25. Personal fitness plan tailored for a friend |
| 22. Demonstration of proper warm-up and cool-down routines when exercising | 26. My personal "Fitness File" |

Class B – Safety

Lot Numbers, Class B:

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| 1. Safety poster – grades 3-7 | 3. Any self-determined project not listed above |
| 2. Safety poster – grades 8+ | |

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Class C – Service Learning

Lot Numbers, Class C:

Level One – Grades 5-8

1. Poster, collage, or model of problems or needs in the community
2. Report on what makes a worthwhile service experience
3. Display or poster on service learning mission
4. Service learning project plan
5. Medal or trophy to commemorate mission helpers
6. Service learning mission news release
7. Any self-determined project not listed above

Level One – Grades 9+

8. Community need survey or opinion poll results
9. Map of community's assets and needs
10. Possible solutions to community's needs
11. Risk Management strategy for service learning project.
12. Community project action plan
13. Original poem reflecting on service learning project
14. Service learning project journal, photo diary, or scrapbook.
15. Any self-determined project not listed above

Class D – Citizenship – Grades 4+

Lot Numbers, Class D:

1. Group ground rules
2. Community map
3. Magazine picture collage illustrating the group's issue
4. Mission statement
5. Stakeholder map and chart
6. Notes from key interviews
7. Action plan
8. Action-step evaluations
9. Examples of media coverage
10. Letters, fliers, posters, speeches, surveys, petitions, or other examples of group's work
11. Groups story of it's citizenship project, with illustrations
12. Any self-determined project not listed above