

DEPARTMENT 131
4-H AND VOCATIONAL
HEALTH
Becky Sellers - 570-726-0022

PREMIUMS: \$3.00 \$2.50 \$2.00 Ribbon

FIRST AID IN ACTION

- 1 Exhibit the First Aid Kit you made through this project (not a purchased kit)
- 2 Exhibit a Poster (at least 14 by 22 inches) or a Display that shows something else learned through the completion of this project.
- 3 Other

STAYING HEALTHY

Exhibit a Poster or Display showing something you learned through completing this project in one of these categories:

- 5 Keeping it Clean
- 6 Eating Adventures
- 7 Activity Counts
- 8 Other

KEEPING FIT

Exhibit a poster or display showing something you learned through completing this project in one of these categories:

- 10 Benefits of Fitness
- 11 Sports Nutrition
- 12 Injury Free
- 13 Self Assessment
- 14 Other
- 15 **Self Determined**