

## Department 34 – Health, Social, and Political Science

Project Codes 401, 492, 493, 494A & B, 495, 916, 917, 918

Superintendents: Lori Behnke

**Entry/Judging Day** - 1 p.m. – 8 p.m. Thursday of the fair

**Judging Time** - 1 p.m.- 8 p.m., face to face judging only

**Location** – Exhibition Building

**Check Out** – Exhibits will be released between 6:30 and 7:30 p.m. on Sunday

### Requirements:

- All posters, diagrams, collages or photo displays must be mounted on sturdy poster board 14"x 22" in size.

### PREMIUMS:

<u>1<sup>ST</sup></u>	<u>2<sup>nd</sup></u>	<u>3<sup>rd</sup></u>	<u>4<sup>th</sup></u>
2.50	2.25	2.00	1.75

### CLASS A--INTERGENERATIONS

Lot Numbers

1. A taped interview, written report, poster or scrapbook that promotes understanding of older people gained through their sharing their experiences.
2. A display on what it feels like to grow older, what happens to our bodies as we age or truths and falsehoods about aging and older people.

### CLASS B--HEALTH

Lot Numbers

1. Display on a healthy diet
2. Display on fitness
3. Display on how smoking affects lungs
4. Poster that illustrates individual uniqueness
5. Display on how to reduce stress
6. Display on personal study-space analysis
7. Display on home safety hazards
8. Display on how smoking affects lung capacity
9. Display on calculating target heart rate
10. Display on the effects of alcohol
11. Display on handling sports injuries
12. Display on stress management
13. Display on injury and accident prevention
14. Display on the effects of chewing tobacco and snuff
15. Display on how media can affect self-image
16. Poster on nutrient values of a fast food meal
17. A personal physical activity plan
18. Display on preventing sexual assault
19. Display on eating disorders
20. Display on stress management
21. Display on study tips
22. Display on time management
23. Personal letter written to a legislator on health issue
24. Display on skin cancer prevention
25. Public service announcement on violence prevention
26. Poster on blood alcohol content
27. Poster on non-violent way to resolve conflict
28. Personal resume
29. Personal and family health history
30. Tanning survey and results

### Home Spa – Taking Care of Me

For lots 31 through 51 - Include a 3"x5" index card stating what the item is and why it is beneficial to use.

31. Handmade Lip Balm, include recipe
32. Handmade Lotion or Body Cream, include recipe
33. Homemade Facial or Body Scrub, include recipe
34. Handmade Herbal Soap Bar, include recipe

35. Handmade Bath Salt Soap Bar, include recipe
36. Handmade Soap On A Rope, include recipe
37. Any Other Handmade Soap Not Listed, include recipe
38. Handmade Bath Bombs, include recipe
39. Tinted Bath Salts, include recipe
40. Handmade Bubble Bath or Bubble Jelly, include recipe
41. Handmade Soft Soap, include recipe
42. Collection of Handmade Spa Items (3 or more), include recipes
43. Bath Mitt or Glove
44. Bath Robe or Body Wrap
45. Hooded Towel
46. Hair Wrap
47. Eye Mask
48. Manicure or Pedicure Kit
49. Spa Gift Basket containing at least 1 handmade spa item, include recipes of handmade items
50. An exhibit of a Spa Wardrobe consisting of 5 items
51. Any Other Spa Item Not Listed

### **CLASS C – INTERNATIONAL**

#### Lot Numbers

1. Poster, diagram, collage or photo display on global citizenship responsibilities in today's interdependent world.
2. Poster, diagram, collage or photo display on similarities and differences among families around the world.
3. Poster, diagram, collage or photo display on current world challenges and interdependence, including the environment, economics, hunger and health.
4. Photo display documenting a trip to a foreign country that focuses on similarities and differences between its culture and ours.
5. Any other related exhibit