



Department 34 – Health, Social, and Political Science

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

Requirements:

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

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

CLASS A--INTERGENERATIONS

Lot Numbers

- A taped interview, written report, poster or scrapbook that promotes understanding of older people gained through their sharing their experiences.
- 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

- Display on a healthy diet
- Display on fitness
- Display on how smoking affects lungs
- Poster that illustrates individual uniqueness
- Display on how to reduce stress
- Display on personal study-space analysis
- Display on home safety hazards
- Display on how smoking affects lung capacity
- Display on calculating target heart rate
- Display on the effects of alcohol
- Display on handling sports injuries
- Display on stress management
- Display on injury and accident prevention
- Display on the effects of chewing tobacco and snuff
- Display on how media can affect self-image
- Poster on nutrient values of a fast food meal
- A personal physical activity plan
- Display on preventing sexual assault
- Display on eating disorders
- Display on stress management
- Display on study tips
- Display on time management
- Personal letter written to a legislator on health issue
- Display on skin cancer prevention
- Public service announcement on violence prevention
- Poster on blood alcohol content
- Poster on non-violent way to resolve conflict
- Personal resume
- Personal and family health history
- 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.

- Handmade Lip Balm, include recipe
- Handmade Lotion or Body Cream, include recipe
- Homemade Facial or Body Scrub, include recipe
- Handmade Herbal Soap Bar, include recipe
- Handmade Bath Salt Soap Bar, include recipe
- Handmade Soap On A Rope, include recipe
- Any Other Handmade Soap Not Listed, include recipe
- Handmade Bath Bombs, include recipe
- Tinted Bath Salts, include recipe
- Handmade Bubble Bath or Bubble Jelly, include recipe
- Handmade Soft Soap, include recipe
- Collection of Handmade Spa Items (3 or more), include recipes
- Bath Mitt or Glove
- Bath Robe or Body Wrap
- Hooded Towel
- Hair Wrap
- Eye Mask
- Manicure or Pedicure Kit
- Spa Gift Basket containing at least 1 handmade spa item, include recipes of handmade items
- An exhibit of a Spa Wardrobe consisting of 5 items
- 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