



## 2015 4-H Healthy Lifestyles Invitational

The 4-H Healthy Lifestyles Invitational will provide youth the opportunity to participate in a competitive event and utilize the knowledge and skills gained through participation in 4-H healthy lifestyles programs. Conducted on Saturday, **May 2, 2015**, it will also give youth an additional opportunity to participate in District 4-H Roundup.

### **Participation:**

- The 4-H Healthy Lifestyles Invitational will be open to youth in the intermediate and senior age divisions.
- 4-H members do **not** have to qualify in order to participate in this invitational contest.
- 4-H members may enter as an individual or a member of a county team. Teams shall be made up of 3-4 youth within the same age division.
- 4-H members entered as individuals will be randomly grouped with other individuals to form a team for the team presentation portion of the contest. Best efforts will be made by the contest planning team to group individuals into four member teams. However, this is not a guarantee. Note: It is a possibility that there will not be enough participants entered as individuals in order to make up teams. If that is the case, individuals will still be grouped with others to make a team of two or have to compete as an individual. If teams of 3-4 cannot be made, the participants will only be eligible for individual awards.

### **Contest Format:**

The 4-H Healthy Lifestyles Invitational will consist of two parts:

### **Judging**

- Each participant works individually to place/rank up to eight classes, each of which consists of a scenario and four options related to a healthy lifestyles topic. For each class, the individual participant will rank the four options based on the given situation. Some classes may also include a multiple choice and/or true/false quiz. Seven minutes are allowed for each class, with one minute in between classes to allow for rotation to the next class.
- Participants will use the **Universal Form A Scantron** to indicate class placings.
- Each of the eight classes is worth 50 points.
- The eight classes will provide a situation on various healthy lifestyles topics, with class topics being:



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- Fad diets
- Food safety
- Healthy fast food meals
- Healthy homes
- Internet safety
- Nutrient needs/functions
- Physical activity
- Substance abuse/tobacco cessation

### **Group Presentation**

- Upon conclusion of the judging portion of the contest, teams will be randomly assigned an order for team presentations.
- Each team will be presented with a scenario and have 10 minutes to evaluate it, decide on a solution and prepare a presentation.
- Each team will then have 5 minutes to present their solution to the problem/scenario, to a panel of judges, with 2 additional minutes allowed for questions from the judges.
- The scenario topic for the group presentation will tie back to one of the eight healthy lifestyles topics listed above.
- Visual aids may not be used during the team presentations.
- 4-H members entered in the contest as an individual will be randomly grouped with other 4- H members within the same age division to form a team (see note above under participation section).
- The team presentation is worth a maximum of 50 points.

### **Contest Details**

#### **Scoring:**

The following scoring system will be used to tabulate scores and determine the winning team for each age division of the Healthy Lifestyles Invitational. A maximum of 1250 points can be attained by each team. \*Note: Teams of four



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members will have the lowest team member's scores dropped. However, for teams of three, all team members' scores will be used in tabulation.

**Scoring Summary:**

Contest Portion	Maximum Point Value	Number	Total Maximum Point Value Per Member	Total Maximum Point Value Per Team
Judging of classes	50	8 classes	400	1200
Team Presentation	50	1 presentation	50	150

\*\*Each team member will receive the same score given for the team presentation.

**Awards**

Individual and team awards will be presented. Awards may include, but are not limited to:

Team awards for each age division

- High point team overall (judging & team presentation)
- High point team for team presentation
- High point team for judging portion of contest

Individual awards for each age division

- High point individual overall (judging & team presentation)
- High point individual for judging portion of contest



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The following educational resources are recommended for participants to study in preparation for the invitational contest. Participants may seek other research-based resources to study in preparation for the contest.

### **Fad Diets**

Winning with Nutrition: Fads & Facts Lesson

### **Food Safety**

Fight Bac - Fight Foodborne Bacteria Brochure

Brochure - Food Safety on the Move Flyer

Food Safety Four Myth Flyer

### **Healthy Fast Food Meals**

Consumer Decision Making Healthy Fast Food Meals Study Guide

### **Healthy Homes**

Seven Steps to a Healthy Home

### **Internet Safety**

Teen Safety in Cyberspace

### **Nutrient Needs/Functions**

Nutrient Needs at a Glance

### **Physical Activity**

Choose My Plate Physical Activity Resource

### **Substance Abuse/Tobacco Cessation**

Health Hints—Tobacco Cessation Resources

Information and resources for the 2015 4-H Healthy Lifestyles Invitational Contest are available online at: [http://texas4-h.tamu.edu/healthy\\_lifestyles](http://texas4-h.tamu.edu/healthy_lifestyles)