



# 2017 District 9 4-H Healthy Lifestyles

Saturday, May 13 at Lone Star Community College in Conroe

## SCHEDULE - TBA

## ENTRY DIVISIONS

Counties may send unlimited entries in each age division.

- Juniors & Intermediate - Grades 3<sup>rd</sup> - 8th as of August 31, 2016
- Seniors - Grades 9th, 10th, 11th, 12th as of August 31, 2016
- 4-H members may enter as an individual or a member of a county team. Teams shall be made up of 3-4 youth. Juniors and Intermediates may be combined on a team but not be moved up to the Senior 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 4-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.

## JUDGING

- Each participant works individually to place/rank six classes.
- 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.
- Six minutes are allowed for each class.
- Participants will use the Universal Form A Scantron to indicate class placings.
  - Scantrons will be provided at the contest.
- Each of the six classes is worth 50 points.
- The six classes will provide a situation on various healthy lifestyles topics, with class topics being:
  - MyPlate
  - Heat
  - Altering recipes
  - Teen & safe driving habits
  - Food safety
  - Insect repellent



## 2017 District 9 4-H Healthy Lifestyles

Saturday, May 13 at Lone Star Community College in Conroe

### GROUP PRESENTATION – Emergency Preparedness

- 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 3 minutes to present their solution to the problem/scenario, to a panel of judges.
- 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.
- Judging of presentations is based upon:
  - Presentation (well organized, points clearly stated, logical sequence)
  - Information Presented (accurate, up-to-date, complete)
  - Delivery (voices clear, correct use of grammar, eye contact, appearance)
  - Teamwork (all team members participate)
- Teams of four members will have the lowest team member's scores dropped. However, for teams of three, all team members' scores will be used in tabulation.