

2023 District 9 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. Please refer to the District 9 Events and Contests website for registration requirements.

***NEW* There will NOT be a Group Presentation this year!**

Participation:

- The 4-H Healthy Lifestyles Invitational will be open to youth in the junior, intermediate and senior age divisions.
- 4-H members do **not** have to qualify to participate in this invitational contest.
- 4-H members will enter as an individual.

Judging

- Each participant works individually to place/rank eight classes, each of which consists of a scenario and four options related to a healthy lifestyle 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. Six 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 or other form** to indicate classplacings.
- 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:
 1. Emergency Preparedness
 2. Fitness Trackers
 3. Sunglasses
 4. Nutrition Functions
 5. Passenger Safety
 6. Social Media
 7. Cooking Identification
 8. Food Identification

Multiple Choice Questions

- Each participant works individually to answer 25 multiple choice questions.
- Each question is worth 2 points.
- Participants will use the **Universal Form A Scantron or other form** to indicate answers.
- The 10 questions will be based off of various healthy lifestyle topics listed below:
 1. Emergency Preparedness
 2. Fitness Trackers
 3. Sunglasses
 4. Nutrition Functions
 5. Passenger Safety
 6. Social Media
 7. Cooking Identification
 8. Food Identification

Information and resources for the 2023 4-H Healthy Lifestyles Invitational Contest are available at <https://texas4-h.tamu.edu/events/roundup> or <https://texas4-h.tamu.edu/projects/safety/>