

2025 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 more details on contest date and location, as well as registration requirements.

Participation:

- The 4-H Healthy Lifestyles Invitational will be open to youth in the Junior, Intermediate, and Senior Age division.
- 4-H members do **not** have to qualify 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 from the same county.

Contest Format:

Judging

- Each participant works individually to place/rank six to 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. In identification classes, participants will be provided a photo of or an actual item which they must correctly identify to earn points.
- Participants will use the **Universal Form A Scantron or other form** 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:

1. Fitness
Equipment
2. Food Allergies
3. Grocery Meats
4. Human

- Trafficking
5. Sports Nutrition
6. Mental Health Wellness
7. Cooking Identification
8. Food Identification

Group Presentation

- 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.
- 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.
- The team presentation is worth a maximum of 50 points. Participants entered as individuals will not participate in the group presentation. The group presentation score WILL NOT be calculated for individual rankings for contest.
- 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)

Information and resources for the 2025 4-H Healthy Lifestyles Invitational Contest are available at <https://texas4-h.tamu.edu/events/roundup> or <https://texas4-h.tamu.edu/projects/safety/>