

DEPARTMENT 34: HEALTH & SOCIAL SCIENCES

Superintendent:

Tori Leonard 608-574-8792

Rules:

1. Photo displays, collages and poster entries must be no larger than 14x22"
2. Entries must be this year's work

PREMIUMS: Blue \$3.00; Red \$2.75; White \$2.50; Yellow \$2.25

Health Grades 3-5

1. Complete first aid kit with first aid instruction book
2. First aid kit for sprains, strains, bruises, and broken bones
3. Display for first aid instructions for poisons
4. First aid kit for foreign objects
5. Display for first aid for choking
6. First aid pocket instruction book
7. Other first aid display

Health Grades 6-8

1. Exhibit identifying germ hiding places in my home and ways to avoid them
2. Display about keeping your hair, skin, nails, teeth, ears, and eyes clean
3. Display about power foods
4. Create a healthy snack-include the recipe and a sample of the snack
5. Poster of eating serving sizes I-cues
6. Poster on the importance of eating breakfast
7. Exhibit about ways to be active and have fun
8. Other health display

Health Grades 9-older

1. Design a questionnaire to collect information about the benefits of keeping fit
2. Exhibit about the benefits of keeping healthy
3. Exhibit about choosing foods for keeping fit
4. Create a display of warm-up and cool-down routine for you
5. Poster reminding you to stay active
6. Display of nutrient-rich food choices
7. Other health exhibit

Personal Finance Grades 3-8

1. Outline of talk with parents about a money issue
2. Collage of pictures illustrating my financial goals
3. My personal money journal
4. My personal spending plan or budget including incomes and expenses
5. My "needs and wants" portrait
6. My "money personality profile"
7. Making smart spending goals poster or display
8. Other personal finance exhibit

Personal Finance Grades 9-older

1. Ways to use my money poster or display
2. Weekly record of how I save, share and spend money
3. Money savings options chart
4. How to calculate interest exhibit
5. The real cost of credit chart
6. Exhibit on how to manage a checking account
7. Exhibit on choosing a financial institution
8. Collage of my favorite ads
9. Design of a new product ad
10. Exhibit on how to comparison shop for a product
11. Other personal finance exhibit