



Minnesota 4-H Exhibit Evaluation Health & Wellness

4-H'er Name: _____ Grade: _____

County or Club: _____ Years in 4-H: _____ Years in Project: _____

About the project/exhibit	About your exhibit
<ul style="list-style-type: none"> <input type="checkbox"/> Purple <input type="checkbox"/> Blue <input type="checkbox"/> Red <input type="checkbox"/> White <input type="checkbox"/> Other 	<p>Comments:</p> <ul style="list-style-type: none"> ● Strengths/accomplishments ● Skills learned ● Areas to work on ● Possible new challenges ● Questions to think about
<p style="text-align: center;">50% of Score</p> <p>Learning Involved:</p> <ul style="list-style-type: none"> ● Has explained the purpose of the exhibit ● Has outlined how the project came about and the process used to create the exhibit ● Has reflected on the successes/challenges of the project and can explain the learning processes of the exhibit ● Can explain the resources used to gain learning ● Can describe how the exhibit has been shared with others 	
<p style="text-align: center;">50% of Score</p> <p>Workmanship & Techniques of Exhibit:</p> <ul style="list-style-type: none"> ● Information used is accurate, organized, logical, creative, practical, safe, current and clearly presented. ● Objectives of the project are clear. <p>General Appearance and Design:</p> <ul style="list-style-type: none"> ● Exhibit is neat and attractive. ● Design elements and art principles are used where suitable. 	

(over)

Area	Details
Guidelines	<ul style="list-style-type: none"> ● Poster exhibits may not exceed 22” wide x 28” high. Three dimensional displays may not exceed 12” deep x 24” wide x 36” high. ● Exhibits are not limited to three dimensional displays or posters. They may be actual models, games or technology related exhibits. ● Creativity is encouraged. ● Resources should be credited and documented for written aspects of the project (e.g., books, websites, 4-H or Extension publications, mentors, magazine articles, etc.).
Exhibit Ideas	<ul style="list-style-type: none"> ● Research and report on a health issue of your choice. ● Report on a community service project that you conducted or volunteered with that relates to a health issue or addresses a community need. <ul style="list-style-type: none"> ○ Include objectives, audience, timetable, program description, materials, community support and evaluation. ○ Examples might include food distribution centers, homeless shelters, vaccine clinics, blood drives, community run/walk events such as a 5K, etc. ○ Share the results of a service project you conducted in your community to address a health-related need. ○ Make a personal connection with an organization or group working to address health disparities or health inequities in your community (for example, availability and access to safe and affordable housing). ● Organize a peer support group, conference, a seminar, a workshop, or a chemical-free party. What is your goal in creating this group? ● Promote health through campaigns, activities, and events centered on specific health issues. <ul style="list-style-type: none"> ○ Create a health day/week at school or arrange a health topic at your 4-H club meeting. ○ In collaboration with others (school, peers, etc.) develop an “anti-bullying” campaign to address Social Media Health. ● Create a Day in the Life Timeline to identify how you spend your day. <ul style="list-style-type: none"> ○ Where can you set goals to include more healthy practices such as mindfulness, fitness, movement, more fruits or vegetables, etc.? ○ Share some ways you incorporate self-care and/or mindfulness practices into your daily routines. ○ How do you manage schedules/Stress Management? ○ What steps do you take to ensure you are nourishing your body throughout the day? ● Design a model of the human skeleton and label the bones or learn about other organs and systems of the human body. ● Explore how fitness, motion, or athletics fits into a healthy lifestyle for you. ● Research careers in the health science industry.

Revised March 2023

Available resources

Minnesota 4-H resources

[4-H Health & Wellness Project](#)

National 4-H resources

[Browse National 4-H resources at https://shop4-h.org/](https://shop4-h.org/)

