

## **Division J-30 – Live Healthy Iowa Special Exhibit Class**

### **Rules**

This class is designed to help participants gain a greater appreciation for and understanding of the role nutrition and physical activity has in promoting health and well-being. Participants are encouraged to learn about how nutrition and physical activity affect the overall health (including physical performance and disease risk) of an individual or group. This class is intended to provide an opportunity for 4-Hers, as an individual, club or team, to plan and develop an exhibit that shares what they have learned about nutrition and physical activity in relation to health.

### **Special Exhibit Guidelines**

1. Each county may enter two (2) exhibits in this class.
2. The exhibit must be an outgrowth of a 4-H learning experience planned and completed by one or more 4-Hers, of eligible exhibitor age.
3. The exhibit is to be an outgrowth of work done, through 4-H, to accomplish a goal(s) determined by the 4-Her(s).
4. Exhibits might be an actual product, poster, display, report, notebook, model, video tape, audio cassette, physical activity and menu plan, etc.
5. The exhibit should include the following information:
  - a. What was the goal(s)?
  - b. How was the idea for the exhibit determined and developed?
  - c. What responsibilities were completed by each participant involved in the learning experience?
  - d. What did you learn about nutrition and physical activity?
  - e. What plans do you have to continue this interest?
6. Exhibitors must comply with the Iowa State Fair 'General Exhibit Rules,' including size, copyright where applicable, safety, etc., to be eligible for Iowa State Fair entry.

### **Class 960 – Live Healthy Iowa**

**960A** — Any exhibit, by one or more 4-H'ers, which is an outgrowth of a goal to explore an area of nutrition and physical activity for personal development.

**960B** — Any exhibit, by one or more 4-H'ers, which is an outgrowth of a goal to provide leadership in the areas of nutrition and physical activity in a group setting (ex: family, club, community).

**960C** — Any exhibit, by one or more 4-H'ers, which displays citizenship in the areas of nutrition and physical activity within a community (example: senior living center, school).