

# **DEPARTMENT 34 – HEALTH, SOCIAL, AND POLITICAL SCIENCES**

*TBD, Superintendent*

Posters and charts must be 14"x22", or less. Exhibits and collections may be 28"x22".

**Premiums: \$1.25 \$1.00 \$.75 \$.50**

## **CLASS A - FIRST AID IN ACTION**

***Poster, chart or exhibit:***

1. First aid steps for cuts and scrapes
2. Heimlich maneuver
3. First aid steps for stings
4. First aid steps for bites
5. First aid steps for broken bones

## **CLASS B - STAYING HEALTHY**

***Poster, chart or exhibit:***

1. Healthy snack recipes
2. Food portion sizes
3. Smart choices for a healthy breakfast
4. Weekly personal fitness test results for two months or more
5. Scrapbook of photos of youth in different sports

## **CLASS C - KEEPING FIT**

***Poster, chart or exhibit:***

1. Water intake chart and results
2. Nutrient-rich foods
3. Product health claims
4. "Staying Injury Free" brochure
5. Personal fitness plan

## **CLASS D - INTERNATIONAL PROJECT**

1. Poster relating to the International Project
2. Scrapbook relating to the International Project
3. Written report on the International Project
4. Any other item not listed

