351 Staying Healthy

This beginning level project is designed for youth ages 8 and up with little or no experience in this project area.

1. Complete Project Guidelines on Page 2 of the project book. Note: For #2 Get Smart Section includes all the Brain Storming questions.

2. Keep records from 3 More Challenges Activities.

3. Create an educational exhibit or 14”W x 22”H poster describing some aspect of your project.

4. Bring to Interview Judging:
   b. Be able to discuss any information and activities from the project book.
   c. Records from 3 More Challenges Activities.
   d. Educational exhibit or poster.

5. Exhibit at the fair:
   a. The educational exhibit or poster presented at Interview Judging. (Project book does not qualify as an exhibit.)