

Youth in Motion- Not Eligible for State Fair

Class

30001L – Youth in Motion Poster, Scrapbook, or Photo Display – about the 4-H'ers family or self, involved in physical activity or concept/lesson involving this project. This might contain pictures, captions, and/or reports about the physical activity the individual or family did as a result of taking this project.

30002L – Activity Bag – A duffle bag or backpack that the 4-H'er packs so that they are always prepared to be active and make healthy food choices. May include proper workout attire, a healthy beverage or snack, a notebook or goal sheet, etc. Make sure all items are clean, clearly labeled, and have an explanation of why it is included in the activity bag. Do NOT put valuable items (i.e., electronics) in Activity Bag. Instead, use a picture of the item or include it in the listing of items.

30003L – Youth in Motion Healthy Snack Recipe File – Collection of 10 recipes from any source. Each recipe must accompany a complete snack menu in which the recipe is used, following the idea that a healthy snack includes foods from at least two different food groups. An additional 10 recipes may be added each year 4-H'er is in the project, with the year clearly marked on recipes. Consider creativity and neatness. Display in recipe file or box, or in a binder.

30004L – Healthy Lifestyle Interview - Interview someone in your life that you admire that is physically active or has a healthy lifestyle. Why do they enjoy their exercise program or lifestyle choices? What are their goals? Why do you admire them? Maximum of two pages, one-sided and neat. Mount on colored paper or poster board or display in a binder. Include a picture of the person interviewed. (May be laminated to preserve exhibit.) The overall size of the mounted exhibit should be no larger than 9 x 12 inches.

30005L – Healthy Snacks – see ideas for non-perishable snacks on page 36. Four cookies, bars, muffins, etc., on a paper plate, or at least 1 cup of mix. (Examples might include granola bars, homemade crackers, or chips.) Supporting information to include recipe and snack menu, and why this snack menu might be considered a healthy snack.