

## **DEPT M – SCHOOL ENRICHMENT**

Judge: Jan Went

No State Fair exhibits

Students involved in 4-H School Enrichment projects may enter exhibits at the Cuming County Fair. Each exhibit will receive a participation ribbon and will be displayed in the 4-H Building.

Parents and/or students are to bring exhibits to enter on Tuesday from 12:30 – 6:30 p.m.

### **On Your Own in Rural America**

\*M-935-900 Safety Poster (14" x 22") either vertical or horizontal arrangement. The poster may be made using any medium – water color, ink, crayon, etc., but should not be three-dimensional. Also posters should not use copyrighted material, such as cartoon characters like "Peanuts" or "Mickey Mouse."

\*M-935-901 A First Aid Tip Poster (14" x 22") either vertical or horizontal arrangement. (The same guidelines apply, as outlined above.)

\*M-935-902 Farm Safety Poster (14" x 22") either vertical or horizontal arrangement. (The same guidelines apply, as outlined above.)

\*M-935-903 First Aid Kit for the Self-Care Child – For additional information refer to the 4-H manual – First Aid & Personal Safety and the score sheet (F13-05-79).

\*M-935-904 Simple Nutritious Snack – Use any recipe of your choice. Be sure it will maintain a suitable appearance throughout the fair. Include a 3" x 5" card explaining why you feel your snack is a nutritious one. The entry should be at least four items, if similar in size to a cookie or 2 cups, if in loose form.

\*M-935-905 After School Snack Plans for 15 Different Days – List the snack first followed by other items. List the beverage last.

\*M-935-906 Log of Self-Care Activities – Record what you did on ten different occasions when you "managed on your own." Some items you might want to include: what you did, phone calls, emergencies handled and how (if any), household responsibilities, family rules that applied to this time when alone, message to tell parents, snacks eaten, items that related to the care of siblings.

### **Embryology**

\*M-935-910 Poster (14" x 22") showing nutrition needs of both chicks and people and how these needs are met.

\*M-935-911 Notebook with topic related to poultry and fowl. Can be a collection of drawings or photos with explanation about embryo development, growth of hatched chicks, requirements for hatching chicks, types and breeds of chickens, or other related topic.

### **Talking with TJ**

\*M-935-912 A poster with one of the power statements or one of the team work tips. Create a poster that shows how these tips work for you and your friends.

For more information on any of the School Enrichment exhibits call the Extension Office in Cuming County @ 402-372-6006

### **Navigation and Global Positioning Systems (GPS)**

\*M-935-913 Search for and find the Cuming County 4-H Geocache, then send an email to [cuming-county@unl.edu](mailto:cuming-county@unl.edu) with your name, what you wrote in the log book, the item taken and the item you left behind. Emails and an entry card for this class must be received by Tuesday of County Fair Week at 6:30 p.m.

### **Edible Soil Profile**

\*M-935-914 Poster (14"x22") – Poster depicting different layers of soil.

### **Tassel-to-Table**

\*M-935-915 Poster (14"x22") – Poster depicting the journey of a crop from field to table.

\*M-935-916 Diorama (24" x 24") – Use your imagination

### **Health Rocks**

\*M-935-920 Health Rocks – Poster, notebook, or scrapbook. Include, using any means you wish, information about any of the following topics: media images, waiting for sex, nutrition, physical fitness, communicating, dating, values, weight control or eating disorders, HIV, depression, behavior, personality, stress, life philosophy, elderly, exercise, traditions, study habits, time management, contacting your representative.

\*M-935-921 Health Rocks – Poster, notebook, or scrapbook. Include, using any means you wish, information about any of the following topics: pregnancy prevention, health habits, skin safety, cancer, dating, relationships, co-dependency, abuse, health screenings, choosing not to use alcohol, problem solving, health decisions, stress, communication, conflict resolution, being a parent, habits, maturity, goal setting, careers, resumes, work ethic, advertising.