# MINNESOTA 4-H PROJECT EVALUATION

## HEALTH

<table>
<thead>
<tr>
<th>4-Her Name: ______________________________</th>
<th>Grade: __________</th>
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<tbody>
<tr>
<td>County or Club: ___________________________</td>
<td>Years in 4-H: ______</td>
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- Purple
- Blue
- Red
- White
- Other

### Comments:
- Strengths/accomplishments
- Skills learned
- Areas to work on
- Possible new challenges
- Questions to think about

### Learning Involved:
- Has explained the purpose of the exhibit.
- Has outlined how the project came about and the process used to create the exhibit.
- Has reflected on the successes/challenges of the project and can explain the learning processes of the exhibit.
- Can explain the resources used to gain learning.
- Can describe how the exhibit has been shared with others.

### Workmanship & Techniques of Project:
- Information used is accurate, organized, logical, creative, practical, safe, current and clearly presented.
- Are objectives stated?

### General Appearance and Design:
- Exhibit is neat and attractive.
- Design elements and art principles were used where suitable.
### Rules
- The member/group may display their project accomplishment and learning experiences in a notebook (standard three ring, loose leaf, hard cover style), or a display exhibit. But, exhibits are not limited to these and may be models, games, props, charts, pictures, or technology related exhibits.
- Exhibits should show or explain something the 4-H'er made, did or learned about health.
- The 4-Her’s name, county, age and project name must be included on the display.

### Guidelines
- The size of three-dimensional displays and posters should be consistent with the size recommended by Minnesota 4-H.
- Creativity is encouraged.
- Resources should be credited and documented in the exhibit (e.g. books, internet, 4-H or Extension publications, person with special knowledge, magazine articles, etc.)

### Project Ideas
- Consider what the member has done for his/her project and what they chose to represent their project as an exhibit.
- The project does not need to be 4-H club related. It may be based on the work the member has done for his/her community, country, or world.
- Write an article, a report, a poem, a play, a song, a local or county health services directory, a health “credit card”.
- Organize a peer support group at school, a school health conference, a seminar, a workshop, or a chemical-free party.
- Promote health through campaigns, activities, and events centered on specific relevant issues. Health day/week at school. Design a log, a poster or a brochure.
- Create a health issue hotline for teens, a video, a musical production dealing with health issues.

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**Resources Available:**

**Web site for Minnesota 4-H resources:**

- [www.mn4-H.umn.edu/projects](http://www.mn4-H.umn.edu/projects)
- [http://z.umn.edu/mn4hhealth](http://z.umn.edu/mn4hhealth)

**Web sites for National 4-H resources:**

- [http://www.4-hdirectory.org/](http://www.4-hdirectory.org/) (Click Browse)
  - Keeping Fit and Healthy 1: First Aid in Action
  - Keeping Fit and Healthy 2: Staying Healthy
  - Keeping Fit and Healthy 3: Keeping Fit

- [http://www.4-hmall.org/Curriculum.aspx](http://www.4-hmall.org/Curriculum.aspx)