

2019 4-H FAMILY CONSUMER SCIENCE PROJECTS

Junior Fair Superintendents – Kayli Long, Anya Serrao, Sydney James, Kayedon Martin, Lilly Wagner, Easton Hoback, Halle Troutman, Mitchel Seckel, Lexie Stiverson
Advisor – Cindy Stiverson and Heather Kantzer

General Rules for the 4-H Family Consumer Science Department

1. If your club does not have a project booth, you must check your project in at the "Open Booth" between 9:00 a.m. and 3:00 p.m. Saturday, June 29.
2. Exhibits must be on display in a club booth or the open project booth all week of the fair. All exhibits will be made in accordance with the exhibit requirements in the Member Project Guidelines section of the 2019 Marion County 4-H Clothing handout.
3. Interview judging and grading will be conducted prior to the fair at Tri-Rivers Career Center the week of June 24.
4. Exhibits to be checked in Saturday, June 29 during the time your club is constructing your project booth.

OUTSTANDING NUTRITION & MISCELLANEOUS FAMILY AND CONSUMER SCIENCE PROJECTS SHOW Thursday, July 4, Noon in the Picnic Pavilion

1. All Marion County 4-H members who are enrolled judged and exhibit Family and Consumer Sciences projects at the fair are eligible for the Outstanding Projects Show.
2. Finalists from projects in miscellaneous 4-H Family and Consumer Science and Nutrition projects will be notified by mail following judging.
3. Exhibits must be in place by 11:00 a.m. Exhibits will be on display until the awards are announced.
4. All show participants must exhibit in club booth or open booth to be eligible for the show and special honors.
5. Awards will be announced during the awards recognition presentation.

Miscellaneous 4-H Family and Consumer Science Classes (Limit One Entry per Class)

Home Decorating and Design

*It's My Home

* Makeover My Space – Junior

*Makeover My Space - Senior

*Your First Home Away From Home

*The Laundry Project

Health

*Staying Healthy – Junior

*Staying Healthy – Senior

*The Truth About Tobacco – Junior

*The Truth About Tobacco – Senior

*Alcohol and Drug Abuse – Junior

*Alcohol and Drug Abuse - Senior

*Keeping Fit – Junior

*Keeping Fit – Senior

*First Aid in Action – Junior

*First Aid in Action – Senior

*You're the Athlete – Junior

*You're the Athlete – Senior

*Your Thoughts Matter – Junior

*Your Thoughts Matter - Senior

Family Life

*Family History Treasure Hunt – Beginner/1st
Year Only

*Family History Treasure Hunt – 2nd Year Only

Continue on Back



THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES

marion.osu.edu

CFAES provides research and related educational programs to clientele on a nondiscriminatory basis. For more information: go.osu.edu/cfaesdiversity.

*Family History Treasure Hunt – 3rd Year Only
and Beyond

*Growing on My Own

*Growing With Others

*Growing in Communities

*Baby Sitting

Miscellaneous

*Canning and Freezing

**Becoming Money Wise

**Teens on the Road to Financial Success

*Selected 4-H projects from these classes may be awarded State Fair Representation honors.

**Selected projects from these classes may be awarded special recognition, sponsored by Ag Credit.

PREMIUMS: A-\$2.00 B-\$1.50 C-No Premium

2019 4-H FAMILY CONSUMER SCIENCE PROJECTS

Junior Fair Superintendents – Kayli Long, Anya Serrao, Sydney James, Kayedon Martin, Lilly Wagner, Easton Hoback, Halle Troutman, Mitchel Seckel, Lexie Stiverson
Advisor – Cindy Stiverson and Heather Kantzer

HEALTH

300 - YOU'RE THE ATHLETE

PROJECT: For youth who participate in sports and for the adults who work with them. Learn the fundamentals of being a well-rounded athlete with research-based information and lots of fun activities that develop important knowledge, attitudes, skills, and aspirations in sportsmanship, time management, goal setting, nutrition and sports, strength and conditioning, leadership, conflict resolution, and careers in athletics. Activities are designed for use in developing your personal sport-specific interests. Complete the project activities individually, with team members, or with other groups. For members 11 and older. Updated to include MyPlate.

PROJECT BOOK: At least 1 (of 7) section (Play Book, Practice Field, and Big Event); either 2 other Play Book and at least 2 Practice Field activities OR 1 other section ((Play Book, Practice Field, and Big Event); at least 2 special learning experiences; at least 2 leadership/citizenship/career applications; and "My Season highlights" (project summary.)

JUDGING: Bring completed project book and 14" x 22" poster, emphasizing some aspect of the project.

EXHIBIT: Exhibit a 14x22 poster, emphasizing some aspect of the project.

351 - STAYING HEALTHY

PROJECT: Learn to keep fit, increase brain power, and express yourself in positive ways. This project deals with wellness of the whole person and all parts of their lives.

JUDGING: Be prepared to discuss information learned from project. Bring completed project book and exhibit to judging.

EXHIBIT: Display created from something learned in project book.

352 - KEEPING FIT

PROJECT: Develop a personal fitness plan to gain the benefits of exercise and test your fitness knowledge.

PROJECT BOOK: All 12 interest areas; 3 of the More Challenges activities; at least 2 learning experiences; and at least 2 leadership/citizenship activities.

JUDGING: Bring completed project book and any requirements listed in the book. Also, bring a 14" x 22" poster or display emphasizing some aspect of the project.

EXHIBIT: Exhibit a 14" x 22" poster or display, emphasizing some aspect of the project.

STATE FAIR: Completed project book. A display representing your learning experience of the current project. Your display must fit into a 3' area or a 3' of table space.

353 - FIRST AID IN ACTION

PROJECT: Ideal for 3rd to 5th grade 4-H members. Learn about first aid and create your own family first aid kit.

PROJECT BOOK: All 12 interest areas; 3 of the More Challenges activities; at least 2 learning



experiences; and at least 2 leadership/citizenship activities.

JUDGING: Bring completed project book. Also bring first aid kit and other requirements from project book.

EXHIBIT: Display a poster or a first aid kit you made in the project.

STATE FAIR: Completed project book. A display representing your learning experience of the current project. Your display must fit into a 3' area or a 3' of table space.

357 - ALCOHOL AND DRUG ABUSE

PROJECT: Designed for advanced-level youth interested in learning about this growing problem. In addition to how alcohol and drugs affect brain performance, this project covers nature of addiction, how alcohol is marketed, why teens use, and how best to respond to the problem.

JUDGING: Complete the project following the guidelines outlined in the project book. Bring your completed project book and any records, reports, posters or exhibits you prepared as part of the project. Be prepared to discuss with the judge what you did and what you learned in the project.

EXHIBIT: Display a poster or an exhibit you made in the project.

358 - THE TRUTH ABOUT TOBACCO

PROJECT: The nicotine in cigarettes and other tobacco products threatens the health of those who use tobacco and those exposed to secondhand smoke. So why does anyone smoke? In this project, youth learn more than just physical effects of tobacco use, but how tobacco products are made, marketed, and consumed in America.

JUDGING: Complete the project following the guidelines outlined in the project book. Bring your completed project book and any records, reports, posters or exhibits you prepared as part of the project. Be prepared to discuss with the judge what you did and what you learned in the project.

EXHIBIT: Display a poster or an exhibit you made in the project.

359 – YOUR THOUGHTS MATTER

PROJECT: What does mental health really mean? How many people are affected by mental health issues? Be part of the solution by learning the answers to those questions and more. Learn the difference between healthy worry and an anxiety disorder, and ordinary sadness and depression. Help remove the stigma from mental health disorders by creating informative flyers and sharing them with your community. Look into tips for recovering from set-backs easily and learn why this is a crucial life skill.

PROJECT BOOK: All 10 activities, including Talking It Over questions; at least 2 learning experiences; and at least 2 leadership/citizenship activities.

JUDGING: Bring completed project book. Also bring a 14 x 22 poster showing some aspects of what you learned about mental health from the project book.

EXHIBIT: Exhibit a 14" x 22" poster or display, emphasizing some aspect of the project.

HOME LIVING

405 - THE LAUNDRY PROJECT

PROJECT: Everyone loves clean laundry but how do you do it? Learn about laundry machines and products, how to be environmentally friendly in the laundry room, and how to sort and clean laundry items. Conduct an experiment to learn how heat affects different types of fibers too! Appropriate for members of all ages with no experience in doing laundry.

PROJECT BOOK: All 11 activities and Talking It Over questions; at least 2 learning experiences; and at least 2 leadership/citizenship activities.

JUDGING: Bring completed project book and 14x22 poster displaying some aspect of project.

EXHIBIT: Exhibit 14x22 poster displaying some aspect of project.

491 - IT'S MY HOME

PROJECT: You can be a big contributor to your household in so many ways. Why not do so AND keep your own sense of style? This project covers basic design elements, organization, upcycling, and service learning. All the activities can be done with your excellent decision-making, good taste, and big heart.

PROJECT BOOK: All 9 activities, including Talking It Over questions; at least 2 learning experiences; and at least 2 leadership/citizenship activities.

JUDGING: Bring completed project book and two completed items to judging.

EXHIBIT: Exhibit one completed item.

494 - MAKEOVER MY SPACE

PROJECT: Ready to make a big change in your bedroom or in a common room in your home? This project, which is all about room makeovers, is intended for members with little or no design experience who are old enough to complete a significant interior decorating project independently. Ten project activities cover planning, design basics, color, flooring, walls, windows, and lighting.

PROJECT BOOK: All 9 activities, including Talking It Over questions; at least 2 learning experiences; and at least 2 leadership/citizenship activities.

JUDGING: Bring completed project book and two completed items to judging.

EXHIBIT: Exhibit one completed item.

495 - YOUR FIRST HOME AWAY FROM HOME

PROJECT: Plan your college dorm room, first apartment, or house using housing, furnishing, equipment, and management principles. Specifically for youth ages 15 and above.

PROJECT BOOK: All 4 interest areas; at least 2 learning experiences; at least 2 leadership/citizenship activities; and a notebook for planning and a project record.

JUDGING: Bring completed project book, one or two completed items and pictures to judging.

EXHIBIT: Exhibit notebook of "First Home Plan", one selected item and one constructed item.

CHILD CARE

434 - GROWING ON MY OWN

PROJECT: This beginner level project is for youth who want to learn about themselves, the ways they grow, different feelings, and understand their roles and responsibilities. Life skills practiced in this project are personal safety, critical thinking, motivations, concern for others, accepting differences, and planning and organizing.

JUDGING: Complete a total of seven activities exploring the four chapters. Create a project portfolio of notes, drawings, pictures, and other things from your activity lessons.

EXHIBIT: Create a display that is educational and illustrates something you have learned in the project. Bring your project portfolio to judging.

435 - GROWING WITH OTHERS

PROJECT: Youth will learn how to prepare themselves for self-care, select age-appropriate toys, create a group of friends, develop family rules, prepare healthy meals, and check the home for safety hazards. Important life skills used in this unit are planning and organizing, critical thinking, concern for others, accepting differences, teamwork, leadership, self-responsibility, and personal safety.

JUDGING: Complete a total of seven activities exploring the four chapters. Create a project portfolio of notes, drawings, pictures, and other things from your activity lessons.

EXHIBIT: Create a display that is educational and illustrates something you have learned in the project. Bring your project portfolio to judging.

436 - GROWING IN COMMUNITIES

PROJECT: Youth will have opportunities to consider child development careers, gain experience as a teacher or coach, participate in a community service project, and learn that children with different abilities have different needs.

JUDGING: Complete a total of seven activities exploring the four chapters. Create a project portfolio of notes, drawings, pictures, and other things from your activity lessons

EXHIBIT: Create a display that is educational and illustrates something you have learned in the project. Bring your project portfolio to judging.

FOOD SCIENCE

670 - CANNING AND FREEZING

PROJECT: Learn how to freeze and hot water bath produce so you can enjoy it year round. Complete all seven activities.

JUDGING: Bring your completed project book. Be prepared to discuss the activities in the book. Bring one sealed jar of applesauce from activity seven.

EXHIBIT: Create an educational display. Do not include processed food in the actual display.

MONEY MANAGEMENT

Money Management project books and awards for outstanding projects in each project are sponsored by Ag Credit

445 - BECOMING MONEY WISE

PROJECT: Designed for youth ages 10 to 13. Monitor your cash flow and see where your money goes by developing a budget and good records to become a responsible consumer. Designed as a beginning-level book. May be taken one or two years.

PROJECT BOOK: *Level I:* All 11 Making \$ense and all 5 Money Talk activities; as many additional More Making \$ense activities as you wish; 2 organized activities; at least 2 leadership/citizenship activities. *Level II:*

All 12 Resource \$ense and 3 Resource Talk activities; as many additional More Resource \$ense activities as you wish; 2 organized activities; at least 2 leadership/citizenship activities; and a money journal.

JUDGING: Bring completed project book. Also, bring completed financial records and one week financial plan.

EXHIBIT: Exhibit a notebook, chart, financial record or similar educational display.

448 - TEENS...ON THE ROAD TO FINANCIAL SUCCESS

PROJECT: This project will help teens ages 14 to 19 organize their financial life by analyzing spending, obtaining, and managing banking services, making consumer decisions and exploring financial careers. The project is designed to be taken for two years.

JUDGING: Bring your completed project book and develop an educational display from an activity completed in the project book.

EXHIBIT: Exhibit educational display.

GENEALOGY

442 - FAMILY HISTORY TREASURE HUNT

PROJECT: Genealogy project book that guides you through six years of activities. Discover your family history as you go on a treasure hunt for jewels of information such as interesting relatives, special events, and curious stories of days gone by. The records you create will last a lifetime.

PROJECT BOOK: Activities in 9 areas; 1 learning experience; 1 leadership/citizenship activity; and project evaluation.

JUDGING: Bring completed project book. Also bring a notebook or record book with correspondence log, research journal, pedigree charts and family group sheets with documentation.

EXHIBIT: Exhibit notebook or other suitable display of project.

General Rules for the Miscellaneous Family and Consumer Science Department

1. If your club does not have a project booth, you must check your project in at the "Open Booth" between **9:00 a.m. and 3:00 p.m. Saturday, June 29th**.
2. Exhibits must be on display in a club booth or the open project booth all week of the fair.
3. All exhibits will be made in accordance with the exhibit requirements in the Member Project Guidelines section of the 2019 Marion County 4-H Miscellaneous Family and Consumer Science Handout.
4. Interview judging and grading will be conducted prior to the fair **at Tri-Rivers Career Center on June 24 and June 25**. Check schedule sent prior to judging.

Interview judging and grading will be conducted prior to the fair at Tri-Rivers Career Center on Monday, June 24th and Tuesday, June 25th. A schedule will be sent prior to judging dates.

Miscellaneous 4-H Family and Consumer Science Classes (Limit One Entry per Class)

1. *Keeping Fit
2. *Staying Healthy
3. *First Aid In Action
4. *The Truth about Tobacco
5. *Alcohol and Drug Abuse
6. *Growing On My Own
7. *Growing with Others
8. *Growing in Communities
9. *Becoming Money Wise
10. *Teens on the Road to Financial Success
11. *Adventures in Home Living
12. *Makeover My Space
13. *Your First Home Away From Home
14. *The Laundry Project
15. *Family History Treasure Hunt
16. *Canning and Freezing
17. *Science Fun with Dairy Foods

*Selected 4-H projects from these classes may be awarded State Fair Representation honors.

PREMIUMS: A-\$2.00 B-\$1.50 C-No Premium



THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES

marion.osu.edu

CFAES provides research and related educational programs to clientele on a nondiscriminatory basis. For more information: go.osu.edu/cfaesdiversity.