2021 4-H Healthy Lifestyles Invitational

The 4-H Healthy Lifestyles Invitational will provide youth the opportunity to participate in a competitive event and utilize the knowledge and skills gained through participation in 4-H healthy lifestyles programs. Please refer to the Texas 4-H Roundup Guide for more details on contest date and location, as well as registration requirements.

Participation:

- The 4-H Healthy Lifestyles Invitational will be open to youth in the intermediate and senior age divisions.
- 4-H members do **not** have to qualify to participate in this invitational contest.
- 4-H members may enter as an individual or a member of a county team. Teams shall be made up of 3-4 youth within the same age division.
- 4-H members entered as individuals will be randomly grouped with other individuals to form a team for the team presentation portion of the contest. Best efforts will be made by the contest planning team to group individuals into 4-member teams. However, this is not a guarantee. ***Note:*** It is a possibility that there will not be enough participants entered as individuals to make up teams. If that is the case, individuals will still be grouped with others to make a team of two or must compete as an individual. If teams of 3-4 cannot be made, the participants will only be eligible for individual awards.

Contest Format:

Judging

- Each participant works individually to place/rank eight classes, each of which consists of a scenario and four options related to a healthy lifestyle topic. For each class, the individual participant will rank the four options based on the given situation. Some classes may also include a multiple choice and/or true/false quiz. Six minutes are allowed for each class, with one minute in between classes to allow for rotation to the next class.
- Participants will use the **Universal Form A Scantron** to indicate class placings.
- Each of the eight classes is worth 50 points.
- The eight classes will provide a situation on various healthy lifestyles topics, with class topics being:

1. ATV Safety
2. Food Packaging and Labeling
3. Sunglasses
4. Hydration/Sports Drinks
5. Sun Safety
6. Physical activity
7. Sports Injury Prevention
8. E-cigarettes and Vaping

Group Presentation

- Teams will be randomly assigned an order for team presentations.
- Each team will be presented with a scenario and have 10 minutes to evaluate it, decide on a solution and prepare a presentation.
- Each team will then have 3 minutes to present their solution to the problem/scenario, to a panel of judges.
- The scenario topic for the group presentation will tie back to one of the eight healthy lifestyles topics listed above.
- Visual aids may not be used during the team presentations.
- The team presentation is worth a maximum of 50 points.
- Judging of presentations is based upon:
- Presentation (well organized, points clearly stated, logical sequence)
- Information Presented (accurate, up-to-date, complete)
- Delivery (voices clear, correct use of grammar, eye contact, appearance)
- Teamwork (all team members participate)

Please note: Based upon the number of participants, facilities and logistics, some teams may judge the eight classes first and then give the team presentation, while other teams may give the team presentation first and then judge classes.

Information and resources for the 2021 4-H Healthy Lifestyles Invitational Contest are available at https://texas4-h.tamu.edu/events/roundup or https://texas4-h.tamu.edu/projects/safety/