



## Healthy Lifestyles Invitational Contest Memo

**Covid-19 Disclaimer: This is the date and time we are planning to hold this contest. However, due to the ever-changing Covid-19 conditions, we reserve the right to make changes in the date/time/location if necessary. Thank you in advance for your understanding and patience as we navigate these circumstances.**

Date: Saturday, April 9, 2022

Location: Farmersville First Baptist Church – Farmersville, Texas  
124 S. Washington St. – Farmersville, Texas 75442

Contest Check-In: 1:00 p.m.  
Orientation: 1:30 p.m.  
Contest Begins: Following Orientation

Registration. Each participating member is required to register on 4-HOnline and pay the district \$12.00 contest registration fee. Registration will begin on **March 9, 2022 and close at midnight March 23, 2022.** No late entries will be accepted.

**Participation.** Contestants must be active 4-H members enrolled in a Texas 4-H and Youth Development County program in District IV. Contestants must also be academically eligible (according to UIL rules) to compete on the day of the contest. A contestant may compete as an individual or as a member on a team.

**Age.** Age divisions are determined by a participant's grade as of September 1<sup>st</sup> of the current 4-H year. Age divisions for this contest are:

- Junior (3<sup>rd</sup>, 4<sup>th</sup>, & 5<sup>th</sup> grades)
- Intermediate (6<sup>th</sup>, 7<sup>th</sup>, & 8<sup>th</sup> grades)
- Senior (9<sup>th</sup>, 10<sup>th</sup>, 11<sup>th</sup>, & 12<sup>th</sup> grades)

**Entries per County.** Each county may enter unlimited teams/individuals per age division listed above. This is not a state qualifying contest.

**Members per Team.** Teams consist of 3 or 4 members of the same age. Junior members will be allowed to move up to the intermediate age division in order to complete a team. Juniors and intermediates are not allowed to move up to the senior age division. Individuals may also compete.

**Suggested materials to bring for contest: Clipboard, blank paper, and pencils. No calculators allowed.**

Texas A&M AgriLife Extension provides equal opportunities in its programs and employment to all persons, regardless of race, color, sex, religion, national origin, disability, age, genetic information, veteran status, sexual orientation, or gender identity. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating.



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### **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. In identification classes, participants will be provided a photo of or an actual item which they must correctly identify to earn points.
- 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. Emergency Preparedness
  2. Fitness Trackers
  3. Sunglasses
  4. Nutrition Functions
  5. Passenger Safety
  6. Social Media
  7. Cooking Identification
  8. Food Identification

#### **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.



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- Visual aids may not be used during the team presentations.
- The team presentation is worth a maximum of 50 points. Participants entered as individuals will not participate in the group presentation. The group presentation score WILL NOT be calculated for individual rankings for contest.
- Judging of presentations is based upon:
  1. Presentation (well organized, points clearly stated, logical sequence)
  2. Information Presented (accurate, up-to-date, complete)
  3. Delivery (voices clear, correct use of grammar, eye contact, appearance)
  4. 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.

**Awards.** 1st through 5th place individual and team awards in each age division will be presented.

**Participants with Disabilities.** Any competitor who requires auxiliary aids or special accommodations must contact the District Extension Office or Denita Young at [djyoung@ag.tamu.edu](mailto:djyoung@ag.tamu.edu) or note when registering on 4-H Online, at least 2 weeks before the competition to request such needs.

**Contest Rules.** District IV follows the rules set forth in the Texas 4-H Healthy Lifestyles Invitational Contest Guide.

### Resources.

[Information](#) | [Project Page](#)

Contestants will use the Universal A scan sheet to record their placings. Please make sure they are familiar with the sheet prior to judging. An example of one can be viewed here:

<https://www.judgingcard.com/ScanSheets/samples/705A-12.pdf>

**Contest Superintendents.** Questions regarding the District IV 4-H Healthy Lifestyles Invitational Contest should be directed to Bethany Arie at [Bethany.Arie@ag.tamu.edu](mailto:Bethany.Arie@ag.tamu.edu).



## District IV 4-H Youth Development Program

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### **COVID-19 NOTICE**

This program will follow any directives by the local/county health officials, Texas A&M AgriLife Extension Service policies, and State requirements in effect at the time of the event as it relates to COVID-19. Participation in this event **REQUIRES** any attendee to follow those procedures to attend the event. This **MAY** include wearing face coverings, social distancing, any other preventative measures mandated or required by this program.

***Thank you in advance for your cooperation and understanding in helping us provide this contest opportunity for your child.***