



Healthy Lifestyles Invitational Contest Memo

Date: Friday, March 24, 2023 & Saturday, March 25, 2023

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

Contest: At the contestant's convenience anytime between 10:00 a.m.
and 1:00 p.m.

Registration. Each participating member is required to register on 4-HOnline and pay the district \$12.00 contest registration fee. Registration will begin on February 22, 2023 and close at midnight March 8, 2023. 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 1st of the current 4-H year. Age divisions for this contest are:

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

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

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

This contest is designed to be an introduction to the Healthy Lifestyles Invitational offered at State Round-Up. There are some notable differences in the contest including, number of classes judged **team participation**, and group presentation. See <https://texas4-h.tamu.edu/projects/safety/> for complete STATE contest guidelines.



District IV 4-H Youth Development Program

Contest Format

Judging

- Each participant works individually to place/rank FOUR 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. The scantron will be provided for each contestant. Click here for an example of the scantron [Universal Form A Scantron](#). Please make sure the contestant is familiar with how to use this scantron.
- Each of the four classes is worth 50 points.
- The four classes will provide a situation on various healthy lifestyles topics, with class topics being:
 1. Fitness Trackers
 2. Sunglasses
 3. Passenger Safety
 4. Food Identification

Awards. 1st through 5th place individual 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 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. [Project Page](#) | [Information](#)

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