



## Healthy Lifestyles Invitational Contest Memo

Date: Friday, April 5, 2024 and Saturday, April 6, 2024

Location: Texas A&M University-Commerce  
Rayburn Student Center  
2200 Campbell Street  
Commerce, Texas 75428

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 **March 6, 2024 and close at midnight March 20, 2024. 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 of 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 individuals per age division listed above. This is not a state qualifying contest.

**Suggested materials to bring for the 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

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### 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. Food Safety
  2. Healthy Snacking
  3. Mental Health Wellness
  4. Cooking 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](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 outlined 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](mailto:Bethany.arie@ag.tamu.edu)