



Healthy Lifestyles Invitational Contest Memo

Date: Friday, April 11, 2025

Location: Farmersville Baptist Church
124 S. Washington Street
Farmersville, Texas 75442

Contest: At the contestant's convenience anytime between 10:00 a.m.
and 3:00 p.m.

Registration. Each participating member is required to register on 4-HOnline and pay the district \$15.00 contest registration fee. Registration will begin on March 5, 2025 and close at midnight March 19, 2025. 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 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 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.

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Contest Format

Judging. Each participant works individually to place/rank SIX 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 with a photo of or an actual item which they must correctly identify to earn points.

- Participants will answer questions using an answer sheet that will be provided.
- Each of the six classes is worth 50 points.
- The six classes will provide a situation on various healthy lifestyles topics, with class topics being:

| | |
|------------------------|---------------------------|
| 1. Food Safety | 4. Internet Safety |
| 2. Healthy Snacking | 5. Eating Disorders |
| 3. Food Identification | 6. Cooking Identification |

Suggested materials to bring for contest. Clipboard, blank paper, and pencils.

No electronic devices (i.e. smart phones or smart watches are allowed to be in the possession of participants during the contest).

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 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

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