

# 2013 4-H Healthy Lifestyles Invitational

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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. Conducted on **Thursday, June 13, 2013**, it will also give youth an additional opportunity to participate in Texas 4-H Roundup.

## 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 in order to participate in this invitational contest.
- 4-H members participating in the Healthy Lifestyles Invitational are not allowed to participate in another Thursday contest at Texas 4-H Roundup, with the exception of the 4-K for 4-H Walk & Run.
- 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.

## Contest Format:

The 4-H Healthy Lifestyles Invitational will consist of two parts:

### Judging

- Each participant works individually to place/rank eight classes, each of which consists of a scenario and four options related to a healthy lifestyles 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. Seven 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:
  - Nutrition
  - Teen driving safety
  - Performance robbers
  - Healthy snacks
  - Food safety
  - My Plate
  - Physical activity
  - Pre-game meals

### Group Presentation

- Upon conclusion of the judging portion of the contest, 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 5 minutes to present their solution to the problem/scenario, to a panel of judges, with 2 additional minutes allowed for questions from the 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.
- 4-H members entered in the contest as an individual will be randomly grouped with other 4-H members within the same age division to form a team!
- The team presentation is worth a maximum of 50 points.



# 2013 4-H Healthy Lifestyles Invitational and Workshop

## Contest Details

### Scoring:

The following scoring system will be used to tabulate scores and determine the winning team for each age division of the Healthy Lifestyles Invitational. A maximum of 1250 points can be attained by each team. **\*Note:** Teams of four members will have the lowest team member's scores dropped. However, for teams of three, all team members' scores will be used in tabulation.

### Scoring Summary:

Contest Portion	Maximum Point Value	Number	Total Maximum Point Value Per Team Member	Total Maximum Point Value Per Team*
Judging of classes	50	8 classes	400	1200
Team Presentation	50	1 presentation	50**	150

\*\*Each team member will receive the same score given for the team presentation.

### Awards:

Individual and team awards will be presented. Awards may include, but are not limited to:

#### Team awards for each age division

- High point team overall (judging & team presentation)
- High point team for team presentation
- High point team for judging portion of contest

#### Individual awards for each age division

- High point individual overall (judging & team presentation)
- High point individual for judging portion of contest

### Contest Schedule:

<u>Time:</u>	<u>Contest Activity:</u>
9:00 am	Contest Registration Opens (eat lunch prior to arrival)
9:30 am	Participant Orientation
9:45 am	Contest begins - placing of classes 7 minutes per class with 1 minute between each class
9:50 am	Move contestants to rooms for next phase of contest
10:00 am	Team presentations begin (10 minute intervals) 4-H members are dismissed as they finish
2:30 pm	Healthy Lifestyles Workshop (Official placing of classes provided, along with tips for team presentations) and Awards Program

### Contest Planning Team:

The following individuals serve on the 4-H Healthy Lifestyles Invitational Planning Team:

- Courtney Dodd, 4-H Specialist
- Michelle Allen, CEA - Austin County
- Angela Burkham, RPD - FCS
- Paula Butler, CEA - Navarro County
- Shawnte Clawson, CEA - Ector County
- Micah Holcombe, CEA - Bell County
- Amber Parkinson, CEA - Hockley County

Information and resources for the 2013 4-H Healthy Lifestyles Invitational Contest are available online at: [http://texas4-h.tamu.edu/healthy\\_lifestyles/](http://texas4-h.tamu.edu/healthy_lifestyles/)





# 4-H Healthy Lifestyles Invitational Score Sheet for Team Presentations

Topic: \_\_\_\_\_ Team Number: \_\_\_\_\_

Judging Criteria	Possible Score	Actual Score	Comments
<b>Presentation</b> Well-organized into introduction, body and conclusion Points clearly stated Logical sequence	10		
<b>Information Presented</b> Accurate Up-to-date Complete	20		
<b>Delivery</b> Voices clear and understood Correct use of grammar Eye contact with judges Appearance	5		
<b>Teamwork</b> Participation by all team members	5		
<b>Knowledge of Subject Matter</b> Principles Application	5		
Judges' Questions	5		
<b>Total Score</b>	<b>50</b>		

**Additional Comments:**

