<table>
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<tr>
<th>Projects &amp; Materials</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
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| First Aid in Action: Keeping Fit and Healthy Level 1, Grades 3-5 | In *First Aid in Action* youth guide:  
- Complete a minimum of 7 activities from the lessons.  
- Assemble a first aid kit.  
- Give an illustrated talk, demonstration or speech on any topic of choice related to health.  
- Exhibit Project |  
- 4-H Project Record Book #91950  
- 4-H Involvement Report (#91910)  
- First Aid kit, assembled by youth.  
Plus one of the following:  
- A poster (14”x22”) or display illustrating a skill or skills learned in this project.  
- A scrapbook, portfolio or journal notebook showing activities and skills learned in the project. |

Youth Materials:  
- National 4-H Curriculum *Keeping Fit and Healthy First Aid in Action*, (#08174)  
- 4-H Involvement Report (#91910)  
- 4-H Project Record Book (#91950)  

Volunteer Materials:  
None

County Requirements:  
Check with your County Extension office for more information.

Support Materials:  
To order National 4-H Curriculum visit: [www.4-hmall.org/Category/health-and-fitness.aspx](http://www.4-hmall.org/Category/health-and-fitness.aspx)