

About FCH

Family & Community Health projects focus on relationships between individuals & the people around them, whether that's their family, friends, community, or the environment they are in. While some FCH projects are more broad (Food & Nutrition, Fashion & Interior Design, etc.), engaging in some of the more specific FCH project areas can help you understand & become more successful in other projects.

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Dates:

1/3 County Round Up Educational Presentation Entries & Fees Due

1/24 County Round Up (EP)

3/6 County Consumer Decision Making Contest

4/27-29 District 9 Round Up

6/5-8 State 4-H Round Up



Introduction to
more
Family & Community Health

Consumer Education

- Improve your decision making skills, smart purchasing skills, & money management skills by learning how to compare prices & quality to make the best purchase.
- Use these developed skills to compete in the Consumer Decision Making Contest at Round Up & some major livestock shows!

FCH Quiz Bowl

- This is an opportunity for teams to showcase their knowledge of basic nutrition, food safety, consumer information, & health in a game show type competition.

Educational Presentation

- Present an EP in either the Open FCH, the Safety & Injury Prevention, or the Health & Wellness Categories.



Health & Personal Safety

- In this project area, members will learn how to recognize safety hazards & work towards preventing them to minimize risk & injury.
- This can be a stand alone project or be incorporated into other project areas, such as most FCH projects, shooting sports, & animal projects.