

Egg Ambassador

Beef Cookery and Ambassador

Rice Cookery and Ambassador

Registration..... 8:30 a.m.

Contests 9:00 a.m. - 12:00 p.m.

Awards 12:00 p.m.

These contests are open to all 4-H members.

Divisions: Elementary (grades 4-5)
Junior (grades 6-8)
Senior (grades 9-12 or 14 by January 1)

All cookery dishes must be prepared at home and brought to the contest chilled on ice in an ice chest. No hot dishes will be accepted.

Only 2 servings of the dish needs to be exhibited!
The whole dish no longer needs to be exhibited!

Egg, Beef & Rice Ambassador Contests (Illustrated Talk)

1. **Division I** – (Grades 4-6)

- Contestant:
- a. designs a standard poster 22" x 28" relating to one of the five topics concerning Egg, Beef, or Rice:
 - production
 - food preparation and nutritive value
 - food safety
 - processing
 - marketing
 - b. presents a 2-3 minute explanation of poster subject
 - c. responds to questions from judges.

Division II – (Grades 7-9)

- Contestant:
- a. designs a standard poster 22" x 28" relating to one of the five topics concerning Egg, Beef or Rice:
 - production
 - food preparation and nutritive value
 - food safety
 - processing
 - marketing
 - b. prepares an essay not to exceed 500 words or 3 typed pages, double spaced, about the selected subject
 - c. presents a 2-3 minute explanation of subject
 - d. responds to questions from judges.

Division III-(Grades 10-12) Contestant will present a 5-8 minute illustrated talk concerning Egg, Beef or Rice. (Only egg illustrated talk requires a dish.) **Information for illustrated talks can be obtained from the 4-H Office.**

2. One table and one easel will be provided.
3. No dish is needed to compete in these contests with the exception of Division III Egg.
4. Scoring for all ambassador contests will be as follows:

	I	II	III
Appearance	5	5	5
Visuals	20	15	15
Content	35	30	30
Presentation	20	15	35
Length	5	5	5
Response to Judges' Questions	15	15	10
Essay		15	
TOTAL	100	100	100

Division III Egg Ambassador – Add 10 points for dish score for a possible total of 110.

5. First and second place winners in all divisions will receive an award of \$10 and \$5 respectively to be presented at the end-of-the-year recognition program.
6. 1st place winners in each age category will represent Calcasieu at the State contest in April. The Rice Ambassador contest ends at District.

Rice Cookery Contest

1. Bring a prepared rice dish to the contest. The dish must contain at least one (1) cup of cooked rice. Wild rice is not a cultivated rice in Louisiana and does not meet the requirement of 1 cup rice. Dishes containing rice products such as rice cereal, rice flour, etc., must also contain cooked rice. Example: Traditional rice krispie treats do not meet the contest requirements.
2. Dishes must be prepared at home and brought to the contest ready for serving. Each dish must be chilled on ice and brought to the contest in an ice chest. No hot dishes will be allowed. Bring only the dish and ice chest to the contest -- no placemats, no serving utensils, no flower arrangements, etc.
3. **Only 2 servings need to be displayed at the contest.**
4. Bring one copy of the recipe to the contest. The recipe must contain the name of the dish, how much rice it contains, and clear preparation instructions. Put the 4-H member's name, age, and 4-H Club on the back of the recipe.
5. Creativity and originality are encouraged. The use of previous winning recipes is discouraged.
6. The contest will be divided into three categories.
Rice Main Dish - contains significant amounts of beef, poultry or seafood.
Rice Side Dish - rice dressing would be considered a side dish.
Rice Dessert
7. The first place winners in each category will compete for "Sweepstakes" winner of that category. The "Sweepstakes" winner in each category will represent Calcasieu Parish at the area contest.
8. First and second place winners in all divisions (all categories of dishes) will receive an award of \$10 and \$5 respectively to be presented at the end-of-the-year recognition program.

Beef Cookery

1. Each dish must use a minimum of one pound ground beef.
2. Dishes must be prepared at home and brought to the contest ready for serving. Each dish must be chilled on ice and brought to the contest in an ice chest. No hot dishes will be allowed. Bring only the dish and ice chest to the contest -- no placemats, no serving utensils, no flower arrangements, etc.

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3. **Only 2 servings need to be exhibited at the contest.**
4. Contestant must furnish a recipe with name, age, and 4-H club on the back. Recipes will not be returned.
5. Creativity and originality are encouraged. The use of previous winning recipes is discouraged.
6. Contestants may enter a total of 2 dishes. Contestant may not enter 2 dishes in the same category. Categories include:

Low Calorie Main Dish - a dish which has less than 300 calories per serving.

Calculations of calories must be stated on the recipe. List each ingredient on the recipe and write the number of calories beside each. Then total. Divide the total number of calories by the number of servings.

One Dish Meal - a dish that provides food from at least 3 of the 5 main food groups.

The amount is not specified, but it should be enough to provide some nutrients. Use the "Food Guide Pyramid" (available from the 4-H Office) as a guide.

Quick and Easy Main Dish - a dish that takes less than one hour to prepare, including cooking or baking time. Estimation of preparation time must be included on the recipe. List each preparation step separately and write the preparation time beside each step. Total the preparation time.

7. The first place winners in each category will compete for "sweepstakes" winner of that category. The "sweepstakes" winner in each category will represent Calcasieu Parish at the area contest.
8. First and second place winners in all divisions (all categories of dishes) will receive an award of \$10 and \$5 respectively to be presented at the end-of-the-year recognition program.