

Food Exhibits and Interviews

Public Speaking

Personal Development

Dog Care

Plant Identification

Horticulture Identification

Insect Identification

Wildlife Judging

Consumer Foods Judging

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

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

Awards 12:00p.m.

Food Exhibit and Interview

1. Open to any elementary 4-H'er. Juniors and seniors must be enrolled in Foods and Nutrition project.
2. Contestants prepare a "Food For Fitness" dish which is relatively low in calories. The food dish must fit into one of the following categories: main dish, vegetable dish, fruit dish, salad or snack meal. Desserts are not allowed. Contestants prepare the dish at home and bring it to the contest ready to sample for judging. The dish must be chilled on ice and brought in an ice chest to the contest. No hot dishes will be allowed.
3. Each contestant will have a short interview with the judge. The judge will ask questions concerning basic nutrition, preparation of the contestant's dish, and questions about the food guide pyramid such as what are the food groups, how many servings for each, what's the major nutrient in that food group, etc.
4. Scoring will be as follows:

Food Exhibit	50 points
Nutrition Interview	50 points
Total.....	100 points
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.

Personal Development

1. Open to all 4-H members.
2. Boys and girls will compete separately.
3. Contestants have a short interview with a judge. Contestants should be able to answer the following questions: What career you plan to follow? What kind of schooling or training is needed for this job? What kind of skills are needed? Why did you select this job? Why do you think you would be good at this job? Where could you get a job like this? General appearance, cleanliness, manners, and poise are also factors for consideration in judging the contestants.
4. Scoring will be as follows:

Grooming	50 percent
Interview.....	50 percent
Total.....	100 percent
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. First place senior contestants will be eligible to compete at State 4-H University.

Public Speaking

Public Speaking contests are open to any 4-H member. 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. Senior winners will be eligible to compete at 4-H University.

Public Speaking -General

1. Speeches may be on any topic, but must be original. Brief notes may be used, but dependency on notes is not encouraged.
2. A penalty will be assessed to those speeches that do not adhere to the time limit. The penalty will be 3 points for each 30 seconds or a portion thereof, above or below the limit. Time limit will be as follows:

Elementary and Junior (3-5 minutes)
Senior (5-7 minutes)

3. Visual aids or props are optional.

Public Speaking-Cooperatives

1. Speeches must be original and must be on and in favor of cooperatives. Brief notes may be used, but dependency on notes is not encouraged. Reference material is available from the 4-H Office.
2. A penalty will be assessed to those speeches that do not adhere to the time limit. The penalty will be 3 points for each 30 seconds or a portion thereof, above or below the limit. Time limit will be as follows:

Elementary and Junior (3-5 minutes)
Senior (5-7 minutes)

3. Visual aids or props are optional.

Public Speaking - Soybean Production

1. A 5-8 minute illustrated talk will be given on some facet of soybean production, marketing, processing, utilization, nutritional value, etc.
2. The use of visual aids is encouraged.

Public Speaking - Horse

Two divisions: Junior – 13 & under Senior – 14 & over

1. Subject must pertain to the horse industry.
2. Ten minutes will be allowed for each speaker, with points subtracted for excessive time. One point will be deducted from each judge's score card for each minute over time.
3. Contestants may use notes. Excessive use of notes may be counted against the contestants at the discretion of the judges. Visual aids are not allowed.
4. Judges may ask questions concerning the material.
5. Winners qualify to compete in the LSU State Horse Show in July.

Dog Care Contest

1. Open to any 4-H club member
2. Written test will be three parts
 - Identification of dog breeds by pictures
 - Proper care and nutrition of dogs and puppies
 - Diseases of dogs
3. A list of twenty-five dog breeds that the test may have will be available in the 4-H office.
4. Questions may come from the Discovering 4-H, Pet Care and Dog Care project books.
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. Senior winners will be eligible for State 4-H University.

Consumer Foods Judging

1. Open to any 4-H member.
2. Contestants will be required to select the best buy from four like items and rank each item in order of preference. There will probably be four categories.
Examples of possible categories:
 1. Fresh Produce - 4 sets of vegetables to judge for quality and variety
 2. Convenience Foods - Scratch biscuits, biscuit mix, canned biscuits, frozen biscuits for cost and convenience
 3. School Lunch - Bag lunch, snack bar, hot line, salad bar for nutrition
 4. Unit Pricing - Four sizes of same cereal for cost
 5. Food Forms - Fresh, frozen, canned, specialty frozen for cost and nutrition
 6. Day's Menu's - Four menu's of breakfast, lunch, supper and two snacks for nutrition and health
 7. Meal Plan - Four lunches for convenience, cost and nutrition
 8. Party Foods - Labels of four different chips for nutrition and health
 9. Vending Machine - Four different snacks for nutrition and health
 10. Fast Foods - Four breakfasts for nutrition and health
3. Contestants will give written reasons for placings on 1 or 2 categories.
4. 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.
5. Senior and possibly 8th grade winners will be eligible to compete at State 4-H University.