



# 4-H Project Day

Saturday, December 6, 2008  
J.B. Martin Middle School  
Paradis, La.



## Schedule

- 8:30 - 9:00 a.m. - Registration  
9:00 - 9:30 a.m. - Assembly - Cafetorium  
9:30 - 10:30 a.m. - Judging  
10:30 - 11:30 a.m. - Archery Workshop  
11:30 - 12:15 p.m. - Lunch  
12:15 - 12:45 p.m. - Fashion Show  
12:45 - 1:00 pm - Awards Ceremony

## Contests

- Seafood Cookery and Talks  
Beef Cookery and Talks  
Dairy Poster  
Public Speaking  
Leaf Collections  
Backyard Collections  
Insect Collections  
Archery Workshop  
Fashion - Rags to Riches  
Livestock Poster Contest

## CONTEST REGULATIONS

**NOTE: Any 4-H member may participate in any of the contests!**

### I. COOKERY REGULATIONS

- A. Open to all 4-H members regardless of project enrollment.  
B. Members may only enter one dish per category.  
C. Dishes are to be prepared at home and 2 servings brought to the contest ready to be tasted and judged.  
D. Only one 4-H member can enter a dish; two members **cannot** have a dish together!  
E. **A (non-returnable) copy of the recipe must be placed with the dish. Recipe should be neat and ingredients listed in order of use in dish. Name, grade, school, and category in which dish is being entered must also appear on the back of the recipe.**  
F. **Food Safety - All dishes must be chilled to refrigerator temperature and brought to the contest in a small ice chest or cooler. Dishes not following this regulation will be disqualified. Dishes will be checked as they are registered!**  
G. **First place winners in the Seafood and Beef Cookery will qualify for the District Contest in Houma to be held in April or May.**

### Special Rules for the Seafood Cookery Contest

- A. **Dish must contain at least one cup of fresh seafood.** A second type of seafood may be added as long as the amount is **not more than one half** of the Primary seafood.  
B. Seafood must be fresh, frozen, pasteurized, or dried. **No canned seafood allowed.**  
C. **Categories: Oyster, Crab, Shrimp, Crawfish, and Fish/Other Seafood**

### **Special Rules for the Beef Cookery Contest**

- A. Dish must contain at least ONE pound of ground beef. Dish may contain other Meats/Seafood but must contain one pound of GROUND BEEF!**
- B. Categories:**
1. **Low-Calorie Main Dish** – a dish which provides less than 300 calories per serving. Calculations of calories must be stated on the recipe.
  2. **Quick/Easy Main Dish** – a dish that is ready to serve in less than one hour. Time for cooking or baking for each step must be stated on the recipe.
  3. **One-Dish Meal** – a dish that provides foods from at least three of the five food groups. Must state food groups for each ingredient on the recipe!

## **II. SEAFOOD TALKS**

- A. Divisions:**
- I.** - 4 - 6 Grade members  
**II.** - 7 - 9 Grade members  
**III.** - 10 – 12 Grade members
- B. Requirements**
1. **Division I** (4 - 6 grades) - Design a **poster** (22x28 inches) relating to one of the commodity themes, present a 2-3 minute **explanation** of the poster, and respond to judges' questions. No notes or outlines other than the labeling on the poster can be used. No Dish.
  2. **Division II** (7 - 9 grades) - Design a **poster** (22x28 inches) relating to one of the commodity themes, prepare an **essay** about the poster subject, not to exceed 500 words or three typed pages (12-14 spaces per inch) double spaced, present a 2- 3 minute **explanation** of the poster, and respond to judges' questions. Turn in essay to judge. No notes or outlines other than the wording on the poster can be used. No Dish.
  3. **Division III** (10 - 12 grades) - Present a 5-8 minute illustrated talk following the specific regulations for the commodity selected. No PowerPoints! No wording other than the wording on the poster can be used. No dish.
- C. Commodity Themes:**
1. Production of Commodity
  2. Food Preparation and Nutritive Value
  3. Food Safety Practices
  4. Processing
  5. Marketing
- D.** The first place winners will qualify for the State Cookery contest in April or May in Baton Rouge.

### III. BEEF TALKS

#### A. Requirements

1. **Division I (ages 9-12)** - Design a **poster** (22x28 inches) relating to one of the commodity themes, present a 2-3 minute **oral explanation** of the poster, and respond to judges' questions. No costumes allowed! No notes allowed!

2. **Division II (ages 13-16)** - Design a **poster** (22x28 inches) relating to one of the commodity themes, present a 3-4 minute **oral explanation** of the poster, and respond to judges' questions. No costumes allowed! No notes allowed!

#### 3. **Division III (ages 17-19)**

a. Present a 5-8 minute oral presentation on Beef and answer judges' questions.

Information may be taken from the Beef Fact Sheet and from other reliable sources. The talk may be on a specific idea or an overview of one of the Commodity themes.

Examples include: Nutritional Value, Economic Value, Food Safety, Role in Diet, Role in National Economy.

b. All information must be referenced at the conclusion of the speech or in written form.

c. **No notes, outlines or visual aids of any kind may be used!**

**\*\* Age as of January 1, 2009!**

B. **Categories:** (Select One) **Production, Food Safety, Preparation, Nutritive Value, Marketing, Environmental Stewardship, or Annual Welfare of Beef**

### IV. DAIRY POSTER

A. Poster must be regulation size: **22x28 inches**.

B. Poster must have name, grade, and school on back.

C. Poster must have a **two (2) inch border** around all edges - top, bottom, and sides. No writing or coloring allowed in the border. No border material can be attached to the poster.

D. Do not attach anything to the poster that is more than ½ inch thick!

E. Poster should depict information in a short, clear message that promotes the use of milk and milk products. You should be able to read poster in 15 seconds or less.

F. You cannot use copyrighted material or negative wording of other products.

G. Divisions are: Elem. (4-6), Jr. High (7-8), and Sr. High (9-12).

### V. PUBLIC SPEAKING CONTEST

A. **Categories** - 1. **My Hurricane Adventure!**

2. **Any Other Subject**

B. Speech should be **1-3 minutes in length for Elementary**, and **3-5 minutes in length for Jr. and Sr. High** members.

C. Points will be deducted for speeches which are too long or too short.

D. **No visuals** such as posters, charts, etc. can be used.

E. Notes may be used but points will be deducted.

F. Divisions are: Elem. (4<sup>th</sup> grade), Elem. (5-6), and Jr. and Sr. High (7-12).

## VI. COLLECTIONS

- A. Members may exhibit the following collections:
  - 1. **Leaf Collection** - dried tree leaves may be exhibited on a **22"x28"** poster board, in an artist sketch book, or in a binder. Leaves should be pressed.
  - 2. **Backyard Collection** - includes leaves of ornamental shrubs, trees, and any other plant.
  - 3. **Insect Collection** - insects should be exhibited in a covered container such as a wooden box or case. A shoe box or card board box may also be used.
- B. The common name, date, and place collected should be included for each item or insect. Be very specific! **Example:** Live Oak: Luling, La. 9/1/2008
- C. **Categories and Requirements:**
  - 1. **Elem.** (4-6) - **10 or more** leaves or plant specimens.
  - 2. **Jr. and Sr. High** (7-12) - **15 or more** leaves or plant specimens
- D. Contact the 4-H office for information on the Forestry and Insect Collections.

## VII. ARCHERY WORKSHOP

Members will learn the parts of a bow, types of arrows, proper shooting form, and safety. Members will shoot Recurve bows. Members attending the Archery workshop will receive the Shooting Sports project book and will qualify to participate in the Parish Archery Competition in March. **Members may also want to practice and shoot at the District, Regional, and State Archery Competition in April and May. The workshop is open to all 4-H Members!**

## VIII. RAGS TO RICHES CLOTHING CONTEST

- A. Contestants will model clothing purchased from Thrift Shops or clothing recycling centers. Example, Social Concerns, Good Will, etc.
- B. Contestants must model in Fashion Show and complete a Cost Report Form.
- C. Clothing purchased will be limited to \$20 cost.
- D. Clothing may be worn with accessories items. Example - hat, vests, sweater, gloves, shoes etc. Accessories may also be purchased at Thrift Store.
- E. Cost report will include:
  - 1. Cost of garments
  - 2. Receipts from store where purchased
  - 3. Description of outfit to be read at Fashion Show.

**\*\*Cost Report** – you can get the form from your 4-H Leader or call the 4-H office.

- F. **Open to all 4-H members!**

## IX. 2009 JR. LIVESTOCK SHOW POSTER CONTEST

- A. The contest is open to all 4-H members.
- B. **Award Divisions:** Division I (6<sup>th</sup> grade and younger); Division II (7<sup>th</sup> grade and older)
- C. **Poster dimensions:** 17 ½" x 22 ½" with a 1" border around the perimeter of drawing.
- D. The poster will be the original work of the participant. The poster must be drawn/painted/sketched by the participant only. Pen and ink, pencils, paints, markers, colors, watercolors are all acceptable media. Only one entry per person.
- E. **Place name, division, grade, address, parish, and 4-H** on the back upper left hand corner.
- F. **"2009 Southeast District Junior Livestock Show"** must appear so that it is easily noticed.
- G. First place winners of each division will compete in District Competition. At the District Competition, the winning poster and 2<sup>nd</sup> and 3<sup>rd</sup> place posters in each division become the property of the Southeast District Livestock Show. District Awards consist of the following: a \$50.00 gift to the first place winner in each division, second place winner will receive a \$15.00 gift, and third place a \$10.00 gift.
- H. Use of any material protected by copyright will result in disqualification!