

## 4-H Contests

Contest	Overview of Contest	Purpose/Objective
<b>4-H Demonstrations</b>	In a demonstration, you show and tell about a fact, idea, or process. The presentation should not be longer than 20 minutes, 10-15 minute for the presentation and 5 minutes for set up and take down. The categories are Family and Consumer Science, Ag, Science, and other.	<ol style="list-style-type: none"> <li>1. To Demonstrate skills you have learned and acquired in 4-H.</li> </ol>
4-H Public Speaking	Participants give a 6-8 minute speech about their 4-H experience.	<ol style="list-style-type: none"> <li>1. Demonstrate your public speaking skills.</li> <li>2. Show what you have used in 4-H and how 4-H has impacted your life.</li> </ol>
<b>Chef Extraordinaire</b>	This contest can be entered individually or as teams of two. There is a three hour time limit and participants prepare and serve a meal for four guests and one judge.	<ol style="list-style-type: none"> <li>1. Develop an appreciation of the importance of food in healthy family living.</li> <li>2. Increase knowledge and skills on planning, purchasing, preparing, and serving tasty, attractive, and nutritious meals.</li> <li>3. Utilize creative talents in planning and preparing meal.</li> <li>4. Develop an appreciation of the values of serving a variety of foods in a tasty and attractive manner.</li> <li>5. Develop skills in timing, scheduling, and management. To serve meals in an attractive manner with time limits.</li> <li>6. Learn to serve meals using proper food handling techniques and etiquette.</li> <li>7. Develop the ability to coordinate efforts and, where applicable, work as a team.</li> <li>8. Increase understanding and awareness in the proper handling of food for food safety.</li> </ol>

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		<ol style="list-style-type: none"> <li>9. Practice learned skills in the efficient use of time, energy, and equipment.</li> <li>10. Use appropriate portions sizes when serving meals.</li> </ol>
<b>Congress Interviews</b>	There are two parts to this contest. Participant's portfolios are due to the state office by February 15 and are judged. If your portfolio is picked as one of the top portfolios you are invited to interview during state contest.	<ol style="list-style-type: none"> <li>1. Show off your portfolio and what you have accomplished during your 4-H year.</li> <li>2. Demonstrate your interviewing skills.</li> </ol>
<b>Consumer Bowl</b>	This contest is done as a team of four. Teams work together to answer questions on all sections of family consumer science (food & nutrition, clothing & textiles, financial management, consumer decision making, and childcare).	<ol style="list-style-type: none"> <li>1. Demonstrate your consumer and life orientated questions.</li> </ol>
<b>Fashion Consumer Strategies</b>	Participants select an outfit out of three, model the outfit for judges, and tell the judges why they made the choices and decisions they did in selecting the outfit. Participants enter this contest as individual only.	<ol style="list-style-type: none"> <li>1. Build self-confidence by putting together an outfit that enhances body type, expresses personality, and is appropriate for the activity for which the outfit is purchased.</li> <li>2. Demonstrate skills in selection of outfit and accessories, including knowledge of clothing maintenance and care.</li> <li>3. Demonstrate skills in presentation of outfit (posture, grooming, ability to interact with judges).</li> <li>4. Demonstrate decision making skills in selection of appropriate outfits and accessories that reflect the participant's style, and ability to explain rationale for decision made.</li> </ol>
<b>Favorite Foods Contest</b>	Presentations should not be longer than 15 minutes, including set up. This contest can be entered as an individual or as teams of two. Participants will discuss their favorite food, why it's their favorite food, where they got the recipe, and any special technique used in preparing it.	<ol style="list-style-type: none"> <li>1. Demonstrate your knowledge of your favorite food.</li> <li>2. Demonstrate your presentation skills.</li> </ol>

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<b>Healthy Cuisine</b>	This contest is for 4-H members in 3 <sup>rd</sup> -12 <sup>th</sup> grade and can be entered as a team of two or individually. Participants must complete the meal and cleanup within an hour.	<ol style="list-style-type: none"> <li>1. Plan and prepare a quick, nutritious meal in one hour</li> <li>2. Prepare meal using proper food safety.</li> </ol>
Horse Bowl	This contest is done as a team of five. Teams work together to answer questions on various horse science oriented questions.	<ol style="list-style-type: none"> <li>1. To demonstrate knowledge of equine related subject.</li> <li>2. To compete in a competitive setting where attitudes of friendliness and fairness prevail.</li> </ol>
Horse Demonstration	This contest can be entered individually or as teams of two. Participants need to be at least 14 years old, but no older than 19 (as of Jan. 1). The demonstration can be no longer than 20 minutes (including set up and take down) and needs to be horse oriented.	<ol style="list-style-type: none"> <li>1. Demonstrate skills or methods that have been learned through their 4-H Horse project.</li> <li>2. To show public speaking and demonstration skills.</li> </ol>
Horse Judging	Participants can enter this contest individually or as teams of three to four members. Participants evaluate horses.	<ol style="list-style-type: none"> <li>1. Demonstrate horse judging skills.</li> </ol>
Horse Public Speaking	Participants prepare a seven to ten minute original talk on any appropriate topic related to the horse industry.	<ol style="list-style-type: none"> <li>1. Demonstrate public speaking skills.</li> <li>2. Demonstrate knowledge regarding the horse industry.</li> </ol>
Impromptu Public Speaking	Participants speak on a topic randomly chosen from a pool of questions.	<ol style="list-style-type: none"> <li>1. Demonstrate impromptu public speaking skills.</li> <li>2. Demonstrate knowledge of today's youth, current events, 4-H, and/or other social issues.</li> </ol>
Livestock Bowl	This contest is done as a team of four, with one alternative. Teams work together to answer questions on various Jr. Livestock oriented questions for beef, sheep, and swine.	<ol style="list-style-type: none"> <li>1. Stimulate learning in a subject matter area.</li> <li>2. Reward 4-H members for knowledge gained in a subject matter area</li> <li>3. Provide a competitive setting where attitudes of friendliness and fairness prevail.</li> <li>4. Develop teamwork, self-confidence and decision-making skills.</li> </ol>
<b>Sewing and Fashion Contest</b>	This contest is made up of three different areas, construction,	<ol style="list-style-type: none"> <li>1. Demonstrate your clothing</li> </ol>

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	personal presentation, and interview responses. Participants can enter this contest as an individual only.	<p>construction skills.</p> <ol style="list-style-type: none"> <li>2. Demonstrate your interview skills.</li> </ol>
Shooting Sports	Participants can compete in three shooting activities, an outdoor skills test, and complete a written test. Participants can enter this contest as an individual or as teams of three to four members.	<ol style="list-style-type: none"> <li>1. Demonstrate shooting skills and accuracy.</li> <li>2. Demonstrate knowledge of marksmanship.</li> </ol>
<b>Talent</b>	Participants can enter the talent contest individually or as a team of two, three, or four members. Performances have a five minute or less limit and must be chosen from the following categories, dance, piano, variety, vocal, and instrumental.	<ol style="list-style-type: none"> <li>1. To show your peers and family your talents</li> <li>2. Provide entertainment.</li> </ol>
Video Production	This contest can be entered as an individual or as teams of two. Participants are required to develop a shot film using their choice of music and video production techniques including, but not limited to, video footage, still photography, computer animation or a combination of techniques. The films must be between 3-5 minutes long.	<ol style="list-style-type: none"> <li>1. Demonstrate interview skills.</li> <li>2. Demonstrate creativity.</li> <li>3. Demonstrate video production skills.</li> </ol>
World of Work	Participants submit a resume and job application and then go through the interview process. Interview will last between 10-15 minutes.	<ol style="list-style-type: none"> <li>1. Demonstrate your resume creating ability</li> <li>2. Demonstrate your real life job interviewing skills.</li> </ol>

**\*\*For more information on any of these contests, visit <http://utah4h.org/htm/events-registration/statecontests>**

**\*\* Contests highlighted in gray are contest that are held on a county level. If you are interested in participating in any other contest, please contact Meggan at the County office 801-468-3180. Minimum of 8 people required to make a county contest.**