

VISUAL PRESENTATION
APRIL 10, 2010
HOWARD COUNTY FAIRGROUND
2210 FAIRGROUND ROAD WEST FRIENDSHIP, MD 21794
9:30 A.M. REGISTRATION

DEMONSTRATIONS, ILLUSTRATED TALKS, EGG, FOOD & NUTRITION CONTEST

The Maryland 4-H Youth Development Program assists youth in developing life skills. Life skills are basic learned abilities and attitudes that enrich the lives of youth and increase their potential for success as individuals and group members. Youth learn many life skills through their involvement in 4-H. The seven life skills identified as the focus of the Maryland 4-H Youth Development Program are:

DECISION-MAKING - An important goal of education is to instill in youth the skills for making sound decisions. Youth with effective decision-making skills, set priorities, make appropriate choices and accept responsibility for their decisions. They recognize how personal values influence their decisions and those of others.

ACQUIRING KNOWLEDGE - The ability of youth to gain knowledge and skills and apply them to new situations is an important step toward self-directed living. As they build and extend their knowledge and skills, youth develop a commitment to life-long learning.

RESPONSIBILITY - Responsible youth accept tasks, set acceptable standards and select appropriate methods for completing them, evaluate the outcomes and accept the consequence.

CREATIVE THINKING - Creative thinking empowers youth to generate new ideas. It allows them to envision change and explore the effect it may have on their life.

COMMUNICATION - The heart of communication is sending and receiving messages that result in mutual understanding. The communication skills of listening, speaking and writing empower youth to interact effectively in local and global communities.

UNDERSTANDING SELF - Understanding self is basic to developing a positive self-concept. Youth develop confidence and self-respect by confirming their identity as a unique, capable, significant and influential person.

GETTING ALONG WITH OTHERS - Getting along with others requires youth to be cooperative, considerate, and respectful of others. This enables them to be at ease in and accepted by the group, It prepares them to work as a team and to follow as well as lead.

VISUAL PRESENTATION RULES & REGULATIONS

1. The participant must be enrolled in the Howard County 4-H Program. This means a signed enrollment form is on file in the Cooperative Extension Office, 4-H Department. You do not have to be enrolled in the project you are demonstrating.
2. Visual demonstrations, illustrated talks, and food and nutrition contest entries may be either individual or team efforts. (Age of oldest team member determines age division). Egg, ground beef and turkey entries must be individual entries only.
3. A club member may make only one presentation in classes A through F. A second presentation may be given in the egg contest, ground beef, turkey, or food and nutrition illustrative talks contests and must not be the same as in presented in A. See specific rules for each contest.
4. Clovers (5-7 years Olds) must be at least 5 minutes long and not to exceed 10 minutes. Food illustrated talks and demonstrations should be no longer than 12 minutes. All other presentations at least 10 minutes and not more than 15 minutes. See specific rules for each contest.

Finished products should be displayed during the allotted time of the presentation for judges inspection. The judge may or may not choose to taste food samples. **No food samples may be offered to the audience.**

5. Equipment and supplies.
Participants must furnish all their own equipment and supplies. Stoves and a refrigerator will be furnished for food presentations, if the 4-H=er indicates they are needed (note on entry form). A table and easel is provided for all presentations. Tables will be set up in the hall so demonstrators can pre-arrange trays to save time and improve the appearance of the demonstration. Boxes of supplies should not be carried into the room and set on the demonstration table.
6. Each 4-H=er is to do all his/her own work, including set up and take down. The hostess may assist, parents must not assist. Demonstrators with parental help are ineligible for champion.
7. Demonstrations should not be memorized. It is suggested that notes be used and written on cards. These are neater on table than sheets of paper.
8. All champions (age 8 - 19) will represent the county at the State Fair in the 4-H Visual Presentation Judging Program. (Clovers do not give demonstrations at State Fair).
9. Presentations will be judged by the Danish method according to their own merit (Blue or Red). Champions are chosen from the blue ribbon winners in each judging group.

10. The classes are:
- A. Foods (any food and nutrition project)
 - B. Home Economics (child care, clothing, consumer ed., home furnishings, home management)
 - C. Hobby (bicycle, crafts, hobby, handyman, photography)
 - D. Horticulture (any plant related project)
 - E. Animals (dairy, livestock, pet care, vet science, horse and pony)
 - F. Miscellaneous (safety, electricity, petroleum power, etc.)

NOTE: Classes may be subdivided if there are too many demonstrations to be judged in one group. (Egg Preparation & Illustrated Talk instructions will be mailed upon receipt of your registration).

Egg Preparation

Turkey Illustrated Talk

Beef Illustrated Talk

Food & Nutrition Illustrated Talk

11. Food demonstrations must include:
- A. Information about nutritional value
 - B. Steps in the preparation of the dish or food product
 - C. The occasion or purpose of the dish or food product
 - D. A finished product (A dish may be prepared before demonstration or during the actual demonstration).
 - E. The recipe must be written on a 4" x 6" card and a poster as follows:
 - 1. Name of recipe
 - 2. List of ingredients
 - a. Ingredients are listed in order of use in the recipe
 - b. All measurements should be in common fractions
 - c. Brand names and abbreviations should be omitted.
 - 3. Instructions for combining ingredients
 - a. The instructions for preparing the dish must be clear; with the correct terms for food preparation used. The size of the pan, temperature and cooking time, and the number of servings should be stated.

4-H GROUND BEEF CONTEST ILLUSTRATED TALK

1. Only individual Beef Illustrated Talks.
2. A prepared ground beef dish should include at least 1 pound of ground beef and provide a three ounce serving of cooked ground beef. The ground beef dish is to be prepared at home and brought to the event ready to be judged. No cooking will be done during the presentation.
3. Present a 5-8 minute illustrated talk on the promotional aspects of beef such as, economy, convenience, nutrition, versatility, etc. The presentation should not be a demonstration of the steps in preparation of the dish; however, the contestant should describe the dish and explain how it fits in with the overall topic for the talk. The contestant should give the reason for selecting the recipe and whether or not it is original or if it has been modified. Care should be taken that added ingredients and preparation methods do not contribute to excessive amounts of fat and sodium.
4. Visuals such as posters, displays, and other props prepared by the 4-H member may be used for the presentation. Slides, filmstrips, or other visuals requiring projectors, screens or electrical hookups will not be allowed.
5. A prepared dish must be exhibited.
6. Scoring of the contestants will be based on delivery (their talk) of the presentation (40%), dish (30%), content (30%).
7. A Champion and reserve champion will be selected in each age division [Junior, Intermediate, and Senior] for each county.

4-H FOOD AND NUTRITION CONTEST ILLUSTRATED TALK

1. A 4-H member may choose any topic for the illustrative talk as long as it relates to Food, Nutrition, Health and/or Fitness.
2. Participants may work alone or as a team of two. If a team, both must share equally in the presentation.
3. Visual aids prepared by the 4-H members, such as posters, charts, actual product, etc. should be used to enhance the illustrative talk. Slides, filmstrips, or other visuals requiring projector screens, or electrical hook-up will not be allowed.
4. The illustrated talk will be between 5-10 minutes on Food, Nutrition, Health and/or Fitness. Information may be on consumer education, convenience, nutrition, relationship of food as fitness to health, etc. The judge will be allowed two minutes for questions.
5. The presentation should not be a demonstration of steps in preparation of a dish.
6. A champion and reserve champion will be selected in each age division [Junior, Intermediate, and Senior] for each county.

EGG PREPARATION AND DEMONSTRATION RULES AND REGULATIONS

1. Requirements
 1. Each participant must present a demonstration on the preparation of an egg dish.
 2. No team entries.
 3. All rules and regulations for Visual Presentations apply. Especially note rule #11 for food demonstrations.
2. Categories: The egg dish must contain a minimum of:
 1. $\frac{1}{2}$ egg per serving, if the dish is classified as Appetizer or Snack,
 2. $\frac{1}{2}$ egg per serving, if the dish is classified as Dessert,
 3. $\frac{1}{2}$ egg per serving, if the dish is classified as Beverage,
 4. $\frac{1}{2}$ egg per serving, if the dish is classified as Salad or Main Dish.
3. Divisions
 1. Seniors (ages 14-19 as of January 1, 2010) - Senior Champion from each county will be chosen to participate in the State Egg preparation and demonstration contest.
 2. Juniors (ages 8-13 as of January 1, 2010)
4. Scoring

Appearance	5%
Presentation	40%
Recipe	30%
Finished Product Quality	<u>25%</u>
	<u>100%</u>

4-H FOOD AND NUTRITION TURKEY CONTEST ILLUSTRATED TALK

1. Only individual turkey Illustrated Talks.
2. A prepared ground beef dish should include at least 1 pound of turkey and serve 4-8.
3. Present a 5-10 minute illustrated talk on turkey to include information on nutritional quality of the recipe and food handling techniques used when preparing and storing the recipe.
4. Visuals such as posters, displays, and other props prepared by the 4-H member may be used for the presentation. Slides, filmstrips, or other visuals requiring projectors, screens or electrical hookups will not be allowed.
5. The presentation should not be a demonstration of steps in preparation of the dish.
6. The judging will be based on: Taste, Originality, Appearance, Appeal, Simplicity, Nutrition and Food Handling Information, written and verbal.
7. A Champion and reserve champion will be selected in each age division [Junior, Intermediate, and Senior] for each county.

FOOD AND NUTRITION CONTEST DEMONSTRATION

1. Participants may work alone or as a team of two. If a team, both must share equally the demonstration.
2. The demonstration must include the following:
 1. Accurate and complete information of nutritional value
 2. Steps in the preparation of the dish or food product
 3. The occasion or purpose of the dish or food product
 4. A finished product. (A dish may be prepared before the demonstration or during the actual demonstration).
 5. Suggestions to include the product in a balanced meal.
3. The demonstration must be no more than 10 minutes in length. Judges will be allowed two minutes for questions.
4. Recipes or food products must provide one serving from one of the Basic Food Groups.
5. The recipe:
 1. Should be written as follows
 1. Name of recipe
 2. List of ingredients
 3. Instructions for combining ingredients
 2. Ingredients are to be listed in order of use in the recipe.
 3. All measurements are to be listed in common fractions.
 4. Brand names and abbreviations are to be omitted.
 5. The instructions for preparing the dish must be clear; correct terms for food preparations used; size of pan given temperature and cooking time stated; and number of servings stated.
 6. Demonstrations are to provide a sample for the judges inspection. The judge may or may not choose to taste. Samples are not to be provided to the audience or general public.
 7. A champion and reserve will be selected in each age division (Junior, Intermediate, and Senior) for each county.

It is the policy of the University of Maryland Extension that no person shall be subjected to discrimination on the grounds of race, color, gender, religion, national origin, sexual orientation, age, marital or parental status, or disability.