



**2018 Vermilion Parish  
4-H Demonstration Day  
Saturday, January 27, 2018  
F.I.-E.B. Elementary School  
Registration Begins -- 8:30 A.M.  
Contests Begin -- 9:00 A.M.**

**Cooperative Extension Service  
Vermilion Parish**  
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**Extension Programs**  
Agriculture and Forestry  
Community Leadership  
Economic Development  
Environmental Sciences  
Family and Consumer Sciences  
4-H Youth Development  
Natural Resources

**GENERAL RULES & REGULATIONS**

1. All boys and girls taking part in contest must be enrolled 4-H club members.
2. Competition will be judged in 4 divisions:
  - 4-5<sup>th</sup> grade
  - 6<sup>th</sup> grade
  - 7-8<sup>th</sup> grade
  - 9-12<sup>th</sup> grade
  - Exceptions: there are no grade divisions for Cookery Contest & Ambassador Contests are grouped 4-6; 7-9; 10-12.
3. All age and project requirements for the state contest will be observed to qualify 8<sup>th</sup> – 12<sup>th</sup> grade parish winners for State 4-H University. An 8<sup>th</sup> grader (who was at least 13 years of age on December 31, 2017) is eligible to represent Vermilion Parish at State 4-H University in the following contests: Louisiana Chef, Environmental Conservation Illustrated Talk, Entomology, Food Star, Soybean Illustrated Talk, Horticulture General & Use Demonstrations, General Public Speaking, Cooperative Public Speaking and 4-H Has Talent. His or her contest score will be compared with 9-12<sup>th</sup> grade division winners to select the parish winner.



4. Club Points will be awarded for this event.  
**4th & 5th graders**

Ribbon Color	Club Points for each person
Gold	150
Silver	100
Bronze	50

They may also enter Cookery Contest categories.  
*In this contest, ribbons will be awarded for 1st - 5th place in each category and club points will be awarded according to the 6<sup>th</sup> – 12<sup>th</sup> grade chart.*

**6th, 7-8th, 9-12th Grades**

Placing	Club Points for each person placing
1st	250
2nd	200
3rd	150
4th	100
5th	50

5. There is no limit to the number of teams per club, but **contestants may give only one demonstration per category**. Team members do not have to be from the same school and will be placed into the division of the oldest team member. A team or individual may enter the same demonstration in up to 3 categories.
6. **A “team” consists of two (2) people**. Exceptions are Food Star (2-4 people); Teens Driving Teens (2-3 people) and 4-H Has Talent (1-8 people).

**Using Power Point Slides at Demonstration Day**

You may still use posters for your 4-H demonstrations. However, we are also allowing you to use power point presentations at Demonstration Day. If you decide to use power point, here are the things you need to know:

- You must save your presentation onto a jump drive and bring the jump drive with you to Demonstration Day.
- Our machines will be using either the 2007 or the 2010 version of power point, so your files must be compatible with either version in order for it to work correctly.
- Print a copy of your slides onto paper and bring that with you. In the event of technical difficulties, you would at least have a “hard copy” for the judges to see.
- When you register that day, please let us know that you have a power point instead of posters.

**CONTEST CATEGORIES:** For reasons ranging from prizes awarded to district and state contest follow up, not all contest categories are open to all age divisions. Please reference following chart to determine grades eligible to enter a particular contest.

Categories & Contests:	4-5 <sup>th</sup> grade	6 <sup>th</sup> grade	7-8 <sup>th</sup> grade	9-12 <sup>th</sup> grade
<b>DEMONSTRATIONS:</b>				
• Entomology		√	√	√
• Family & Consumer Science (FCS)	√	√	√	√
• General Agriculture	√	√	√	√
• General Foods	√	√	√	
• Horse Demonstrations	√	√	√	√
• Horticulture General		√	√	√
• Horticulture Use		√	√	√
• Louisiana Chef		√	√	√
• Any Other Subject	√	√	√	√
<b>ILLUSTRATED TALKS:</b>				
• Environmental Conservation		√	√	√
• Food Star				√
• Soybean		√	√	√
• Seafood Ambassador	√	√	√	√
• Poultry Ambassador	√	√	√	√
• Egg Ambassador	√	√	√	√
• Sugarcane Ambassador	√	√	√	√
• Teens Driving Teens to Safety			√	√
<b>SPEECHES:</b>				
• Cooperatives	√	√	√	√
• General Public Speaking	√	√	√	√
• Horse	√	√	√	√
<b>OTHER:</b>				
• 4-H Has Talent	√	√	√	√
• Sugar Cookery	√	√	√	√
• Seafood Cookery	√	√	√	√
• Bento Lunch	√	√	√	√

## Demonstrations

A "demonstration" is a true, physical "show and tell." Members should bring all supplies and equipment necessary to demonstrate a process or a finished product to judges. Demonstrations also have visuals which can be in the form of posters or power point slides.

Time Limits for all demonstration contests are as follows:

- 4<sup>th</sup> – 8<sup>th</sup> grade divisions: 5-15 minutes
- 9<sup>th</sup> – 12<sup>th</sup> grade divisions: 10-15 minutes

Judges may ask questions after demonstrations. Question time will not be counted in the allotted time.

### ENTOMOLOGY DEMONSTRATION (4-H University Qualifying Contest for 8-12<sup>th</sup> Grade)

1. Open to all 6-12<sup>th</sup> grade members regardless of project(s).
2. 6<sup>th</sup> grade members may give a team (2 members) **or** individual presentation. 7-8<sup>th</sup>; 9-12<sup>th</sup> grade members must give a **team** demonstration.
3. Any topic related to entomology (insects) may be demonstrated.
5. Suggested topics:
  - a. Insect control (select one particular insect and demonstrate control of that one insect).
  - b. Environmental Protection
  - c. Pesticide Safety
  - d. Mounting Insects

### **FAMILY AND CONSUMER SCIENCE DEMONSTRATION (4-H University Qualifying Contest for 8-12<sup>th</sup> Grade)**

1. Open to all club members regardless of project(s).
2. 4-5<sup>th</sup>, 6<sup>th</sup>, 7-8<sup>th</sup>, 9-12<sup>th</sup> grade team **or** individual. A team consists of two individuals of either or both genders.
3. May be given on any topic which relates to family and consumer science (housing, child development, financial management, etc.), **except** food preparation demonstrations.

### **GENERAL AGRICULTURE DEMONSTRATION (4-H University Qualifying Contest for 8-12<sup>th</sup> Grade)**

1. Open to all club members regardless of project(s).
2. 4-5<sup>th</sup>, 6<sup>th</sup>, 7-8<sup>th</sup>, 9-12<sup>th</sup> grade team **or** individual. A team consists of two individuals of either or both genders.
3. May choose any topic which relates to some phase of agriculture. (Examples: animal health and/or care, grooming, equipment use)

### **GENERAL FOODS DEMONSTRATION** [NOTE: this contest is **NOT** open to high school members]

1. Open to 4<sup>th</sup>, 5<sup>th</sup>, 6<sup>th</sup>, 7-8<sup>th</sup> grade members regardless of project(s).
2. Team **or** individual demonstration. A team consists of two (2) people.
3. Present a demonstration preparing any food dish. Demonstration should include history of the food, types available, food value, and cooking characteristics.
4. Seniors (9-12<sup>th</sup>) cannot compete in this category.
5. Demonstration cannot be given in another category.

### **HORSE DEMONSTRATION (State Horse Show Qualifying Contest for 4<sup>th</sup> – 12<sup>th</sup> Grade)**

1. May be a demonstration or illustrated talk.
2. Team or individual presentation. A team consists of two (2) people.
3. Subject must pertain to the horse industry.
4. Live animals may be used.

### **HORTICULTURE GENERAL DEMONSTRATION (4-H University Qualifying Contest for 8-12<sup>th</sup> Grade)**

1. Open to all 6-12<sup>th</sup> grade members regardless of project(s).
2. Can be a team of two (2 boys, 2 girls, or a boy and a girl) **or** an individual.
3. Possible topics:
  - Production -- Any practice that has to do with growing and developing ornamentals, or turf; or growing, developing or maintaining vegetables, fruits, or terrariums.
  - Marketing -- Operations in preparing and exhibiting vegetables, fruits, nuts, flowers and ornamentals for (1) market, (2) offering for sale to a buyer, or (3) for commercial storage. *Suggested topics for Production & Marketing:* fertilizing the home lawn; potting plants; grafting citrus trees; selling plants for profit; pruning fruit trees
  - Artistic Arrangement -- Demonstration of techniques and principles involved in the artistic arrangement of flowers and/or other horticultural materials. Basically, this should be a demonstration to teach or demonstrate a principle involved in the art of flower arranging. Artificial flowers may not be used. Dried plant material may be used. *Suggested topics:* Making some type of arrangement using horticultural products of your choice.
  - Landscaping -- Any practice that has to do with arrangement, establishment and or maintenance of developed ornamental plants and turf around or within a home, business, or public grounds (growing or developing materials should be in production). *Suggested topics:* planting for shade and sun; how to fertilize shade trees; landscaping to attract birds; disease prevention; fruit trees in the landscape; how to control insects in the landscape; how to prune trees and bushes

### **HORTICULTURE USE DEMONSTRATION (4-H University Qualifying Contest for 8-12<sup>th</sup> Grade)**

1. Open to all 6-12<sup>th</sup> grade members regardless of project(s).
2. Can be a team of two (2 boys, 2 girls, or a boy and a girl) **or** an individual.
3. Must relate to *use* of horticultural crops.
4. Possible topics: Preparation of any food (horticulture product) using fruits, vegetables, nuts, etc., for table uses, cooked or raw or for canning, freezing, or dehydration.

### **LOUISIANA CHEF DEMONSTRATION (4-H University Qualifying Contest for 8-12<sup>th</sup> Grade)**

1. Open to all 6-12<sup>th</sup> grade members.
2. Team **or** individual for all 6<sup>th</sup> – 12<sup>th</sup> graders. A team consists of two (2) people.
3. Present a demonstration preparing a dish using a Louisiana agriculture product (ex. – rice, beef, seafood, poultry, pork) **NOT HORTICULTURE PRODUCTS**. Demonstration should include history of the product, types available, food value of product, cooking characteristics and product importance in our economy.

### **ANY OTHER SUBJECT**

A demonstration that does not fit in any of the above listed categories will be placed in the Any Other Subject category.

1. Open to all 4-5<sup>th</sup>, 6<sup>th</sup>, 7-8<sup>th</sup> & 9-12<sup>th</sup> grade club members regardless of project(s)
2. Individual **or** team demonstration. **A team consists of two individuals** of either or both genders.
3. Demonstrations entered in this category **cannot** be given in another category.

## Illustrated Talks

An Illustrated Talk is simply a “speech” with visuals (posters or power point slides). The presenter does NOT demonstrate a skill. Follow specific category rules closely as some require certain types of visuals.

### **ENVIRONMENTAL CONSERVATION ILLUSTRATED TALK (4-H University Qualifying Contest for 8-12<sup>th</sup> Grade)**

1. Open to all 6-12th grade members regardless of project(s).
2. 6th; 7-8<sup>th</sup>; 9-12th graders must give an **individual** presentation.
3. Time Limit:
  - a) 6th, 7-8th grade ---- 5-15 minutes
  - b) 9-12th grade ---- 10-15 minutes
4. Suggested topics – Present an illustrated talk on some aspect of conservation of any of the state’s natural resources, such as soil, water, energy, air, forests, wetlands, etc.

### **FOOD STAR (4-H University Qualifying Contest for 9-12<sup>th</sup> Grade)**

1. Open to members in the 9-12<sup>th</sup> grades.
2. **Teams** of 2-4 members allowed.
3. Prepare recipe in advance and bring 1 plated dish for judges to sample. Recipe must contain at least 1 pound of Louisiana seafood and must be 750 calories or less per serving.
4. Submit copy of recipe to judges with calorie count listed.
5. Present 3-5 minute talk about dish. Include preparation, nutrition and economic value of seafood used. All team members should take part in the oral presentation.

### **SOYBEAN ILLUSTRATED TALK (4-H University Qualifying Contest for 8-12<sup>th</sup> Grade)**

1. Open to all 6-12th grade club members regardless of project(s).
2. **Individuals** only.
3. Time Limit: 5-8 minutes
4. Present an illustrated talk (posters/visuals only - **not a demonstration**) about the soybean industry. It is suggested that the presentation be on some specific phase of the soybean industry. Present a talk on such topics as: disease control, nutrition importance, harvesting, weed control, marketing, use of soybeans, etc.

### **SEAFOOD AMBASSADOR CONTEST (Illustrated Talk)**

#### **Division Winners qualify to compete at State Ambassador Contest – Individuals Only**

*Topic for each division should relate to one of five categories:*

*(1) production, (2) food preparation and nutritive value, (3) food safety, (4) processing, (5) marketing*

#### **Seafood Division I – (Grades 4-6)**

1. Contestant designs standard poster 22” X 28”.
2. Presents a 2-3 minute explanation of poster subject. (Only one poster is allowed; no table top displays are allowed)
3. Responds to questions from judges.
4. No cooking or preparation of a dish is required for this division.
5. Costumes based on a theme are acceptable.

#### **Seafood Division II – (Grades 7-9)**

1. Contestant designs standard poster 22” X 28”.
2. Prepare an essay not to exceed 500 words or 3 typed pages, (12-14 spaces per inch) double spaced, about the selected subject.
3. Presents a 2-3 minute explanation of subject. (Only one poster is allowed; no table top displays are allowed)
4. Responds to questions from judges.
5. No cooking or preparation of a dish is required for this division.
6. Costumes based on a theme are acceptable.

#### **Seafood Division III – (Grades 10-12)**

These contestants must present an Illustrated Talk with the following considerations:

1. The illustrated talk should concern seafood (should NOT be a demonstration). Information for the talk can be taken from reliable sources.
2. The presentation should be 5-8 minutes in length. Points will be deducted for any length under 5 minutes or over 8 minutes. Additional time will be allowed for set-up and removal of posters.
3. Posters or Power Point presentations are allowed for the Illustrated Talk (no table top displays are allowed). (Costumes based on theme are acceptable).
4. No cooking or preparation of a dish will be required for this division.

**POULTRY AMBASSADOR CONTEST– (Chicken & Turkey) ILLUSTRATED TALK**  
**Division Winners will compete at State Ambassador Contest – Individuals Only**

*Topic for each division should relate to one of five categories:*

*(1) production, (2) food preparation and nutritive value, (3) food safety, (4) processing, (5) marketing*

**Poultry (Chicken and Turkey) Division I – (Grades 4-6)**

1. Contestant designs standard poster 22" X 28".
2. Presents a 2-3 minute explanation of poster subject. (Only one poster is allowed; no table top displays are allowed)
3. Responds to questions from judges.
4. No cooking or preparation of a dish is required for this division.
5. Costumes based on a theme are acceptable.

**Poultry (Chicken and Turkey) Division II – (Grades 7-9)**

1. Contestant designs standard poster 22" X 28".
2. Prepares an essay not to exceed 500 words or 3 typed pages, (12-14 spaces per inch) double spaced, about the selected subject.
3. Presents a 2-3 minute explanation of subject. (Only one poster is allowed; no table top displays are allowed)
4. Responds to questions from judges.
5. No cooking or preparation of a dish is required for this division.
6. Costumes based on a theme are acceptable.

**Poultry (Chicken and Turkey) Division III – (Grades 10-12)**

These contestants must present an Illustrated Talk with the following considerations:

1. The Illustrated Talk should concern chicken or turkey (depending on the contest the 4-H'er is competing in). Information for the talk can be taken from the Poultry Fact Sheet and other reliable sources.
2. The presentation should be 5-8 minutes in length. Points will be deducted from any length under 5 minutes or over 8 minutes. Additional time will be allowed for set-up and removal of posters.
3. Posters or Power Point presentations are allowed for the Illustrated Talk (no table top displays are allowed). (Costumes based on theme are acceptable).
4. No cooking or preparation of a dish will be required for this division.

**EGG AMBASSADOR CONTEST – ILLUSTRATED TALK**  
**Division Winners will compete at State Ambassador Contest – Individuals Only**

*Topic for each division should relate to one of five categories:*

*(1) production, (2) food preparation and nutritive value, (3) food safety, (4) processing, (5) marketing*

**Egg Division I – (Grades 4-6)**

1. Contestant designs standard poster 22" X 28".
2. Presents a 2-3 minute explanation of poster subject. (Only one poster is allowed; no table top displays are allowed)
3. Responds to questions from judges.
4. No cooking or preparation of a dish is required for this division.
5. Costumes based on a theme are acceptable.

**Egg Division II – (Grades 7-9)**

1. Contestant designs standard poster 22" X 28".
2. Prepares an essay not to exceed 500 words or 3 typed pages, (12-14 spaces per inch) double spaced, about the selected subject.
3. Presents a 2-3 minute explanation of subject. (Only one poster is allowed; no table top displays are allowed)
4. Responds to questions from judges.
5. No cooking or preparation of a dish is required for this division.
6. Costumes based on a theme are acceptable.

**Egg Division III – (Grades 10-12)**

These contestants must present an Illustrated Talk with the following considerations:

1. The illustrated talk should concern eggs. Information for the talk can be taken from reliable sources.
2. The presentation should be 5-8 minutes in length. Points will be deducted for any length under 5 minutes or over 8 minutes. Additional time will be allowed for set-up and removal of posters.
3. **Only posters** are allowed for the Illustrated Talk (no table top displays are allowed). Power point or computer generated presentations are **not** allowed. (Costumes based on theme are acceptable).

## **SUGARCANE AMBASSADOR CONTEST – ILLUSTRATED TALK – Division Winners will compete at State Ambassador Contest – Individuals Only**

Topic for each division should relate to one of five categories:

(1) production, (2) food preparation and nutritive value, (3) food safety, (4) processing, (5) marketing

### **Sugar Division I – (Grades 4-6)**

1. Contestant designs standard poster 22" X 28".
2. Presents a 2-3 minute explanation of poster subject. (Only one poster is allowed; no table top displays are allowed)
3. Responds to questions from judges.
4. No cooking or preparation of a dish is required for this division.
5. Costumes based on a theme are acceptable.
6. No notes or outlines, other than wording on the posters are to be used while giving the presentation.

### **Sugar Division II – (Grades 7-9)**

1. Contestant designs standard poster 22" X 28".
2. Prepares an essay not to exceed 500 words or 3 typed pages, (12-14 spaces per inch) double-spaced, about the selected subject.
3. Presents a 2-3 minute explanation of subject. (Only one poster is allowed; no table top displays are allowed)
4. Responds to questions from judges.
5. No cooking or preparation of a dish is required for this division.
6. Costumes based on a theme are acceptable.

### **Sugar Division III – (Grades 10-12)**

These contestants must present an Illustrated Talk with the following considerations:

1. The illustrated talk should concern sugar/sugarcane (should NOT be a demonstration).
2. The presentation should be 5-8 minutes in length. Points will be deducted for any length under 5 minutes or over 8 minutes. Additional time will be allowed for set-up and removal of posters.
3. Posters or Power points are allowed for the Illustrated Talk. No table top displays are allowed. (Costumes based on theme are acceptable).
5. No cooking or preparation of a dish will be required for this division.

## **TEENS DRIVING TEENS TO SAFETY**

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Real Service, Real People.



**Contest Description:** This contest is for teams of two (2) or three (3) members. Contestants will present a 5 – 7 minute presentation using format or audio visuals of choice on the topic of safe driving. Safe Driving topics include, but are not limited to: distracted driving (texting); drinking; reckless; sleepy; road rage. The emphasis will be on young drivers, influencing other young drivers.

### **Contest Divisions:**

- 9-12<sup>th</sup> Grade (High School)
- 7<sup>th</sup>-8<sup>th</sup> Grade (Jr. High)

**High School Awards:** \$500 for winning team  
\$250 for 1<sup>st</sup> alternate team  
\$125 for 2<sup>nd</sup> alternate team

**Sponsor:** Your local Farm Bureau Insurance Agents

**Jr. High Awards:** 1<sup>st</sup> Place Ribbon for winning team  
2<sup>nd</sup> Place Ribbon for 1<sup>st</sup> alternate team  
3<sup>rd</sup> Place Ribbon for 2<sup>nd</sup> alternate team

### **Rules:**

- The contest is open to teams of two (2) or three (3) individuals. *For High School teams, at least one team member must have a driver's permit or driver's license.*
- The contest goal is to develop the following life skills in teens: problem solving, decision making, teamwork, communication, cooperation, planning, organizing, critical thinking, contribution to group effort, and presentation skills.
- Teams will be expected to utilize research to put together pertinent information to convince their peers of the importance of safe driving and to influence others to do so.
- A minimum of three (3) references should be used.
- Teams will assemble this information into a logical format to **present** this information in presentation format of their choice. Format can include but is not limited to: power point, video, music, skit, posters, speech, etc.

- Contestants will have to construct a brief, **one page flyer** detailing the main points of the presentation.
- Each team will present their presentation and submit their flyer to a panel of judges with a time limit of 5 to 7 minutes.
- If teams register in advance (by January 19, 2018), they will be given a \$50 budget to purchase material or promotional items to support their presentation. To receive start-up money, teams should turn in a brief outline of their ideas for their project. A brief accounting will be turned in on presentation day to the judges.
- Teams may also register on the morning of the event, but will forgo the opportunity to get the \$50 startup money.
- The winning team will be asked to travel to other area high schools (and perhaps civic groups) to repeat their winning presentation.
- NOTE: Please be respectful if using actual tragic cases for relevance.

*Presentations will be made to panel of judges at the 4-H Demonstration Day scheduled for Saturday, January 14, 2017 at FIEB Elementary School.*

<b>Judging Criteria:</b>	Flyer	50 points
	Presentation	100 points
	Total	150 points

Note: Tie breaker will be determined by the highest oral presentation score.

## Speeches

*Speech contests require that a member simply present an oral speech. Visuals (posters, slides, etc) are allowed but are NOT required. .*

### **COOPERATIVE (COOP) PUBLIC SPEAKING (4-H University Qualifying Contest for 8-12<sup>th</sup> Grade)**

1. Open to all members regardless of project. Individuals Only.
2. Divisions: 4-5th, 6th, 7-8th, and 9-12th
3. Contestants must speak on cooperatives (form of business) -- farmer, electric, or other cooperatives can be your subject. Information on cooperatives can be obtained on-line.
4. Notes and visuals may be used if desired, but speeches should not be read.
5. Time Limits:
  - a) 4-5th, 6th, 7-8th grade ---- 3-5 minutes
  - b) 9-12th grade ---- 5-7 minutes

### **GENERAL PUBLIC SPEAKING (4-H University Qualifying Contest for 8-12<sup>th</sup> Grade)**

1. Open to all members regardless of project. Individuals Only.
2. Divisions: 4-5th, 6th, 7-8th, and 9-12th
3. Contestants may speak on **any subject** except Cooperatives, as this is the subject for another contest.
4. Notes and visuals may be used if desired, but speeches should not be read.
5. Time Limits:
  - a) 4-5th, 6th, 7-8th grade ---- 3-5 minutes
  - b) 9-12th grade ---- 5-7 minutes

### **HORSE PUBLIC SPEAKING CONTEST (State Horse Show Qualifying Contest for 4<sup>th</sup> – 12<sup>th</sup> Grades)**

1. Subject must pertain to the horse industry. Individuals Only.
2. 5-10 minutes will be allowed each speaker, with points subtracted for excessive time. One point will be deducted from each judge's score card for each minute of overtime.
3. Contestants may use notes. Excessive use of notes may be counted against the contestant at the discretion of the judges.
4. Judges may ask questions concerning the material.

## Other

*There are several contests held this day which don't fit a demonstration or a speech category. Please see specific rules for each before planning to enter.*

### **4-H HAS TALENT (4-H University Qualifying Contest for 8-12<sup>th</sup> Grade)**

1. Open to all 4-H members regardless of project.
2. May be individual **or** groups up to 8 members.
3. Groups will be placed into the division of the oldest group member.
4. Contestants must bring all equipment and supplies required for their performance.
5. Maximum time limit per act is five (5) minutes.
6. Acts may include vocal, dance, drama, instrument, etc.

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## **COOKERY CONTEST**

All participants must bring their prepared dishes with the recipe between 8:30 and 9:00 a.m. This is an **individual** contest only (**each dish can be attached to only one contestant**). All dishes should be prepared and chilled to refrigerator temperature and transported on ice, in an ice chest. This rule is for food safety purposes and applies to **ALL** dishes (**even dishes that are not normally refrigerated!!!!**). Dishes not chilled and transported in this manner will be disqualified. If a dish should be eaten hot, please indicate that fact on the recipe and judges will heat food before tasting. Recipes must be turned in with the dish and include amount of ingredients, steps in preparation, and the number of servings. Child's name, school and grade should be written on the back of the recipe.

Only 4-6 servings of the dish should be submitted. The dish can be exhibited in a disposable serving container, not to exceed 18", to allow adequate space for all entries. No placemats, flower arrangements, or additional decorative items will be allowed.

The cookery contests are open to all club members regardless of grade or project. All grades will compete together and 1<sup>st</sup> through 5<sup>th</sup> place will be awarded ribbons in each category. The winner in each category will be eligible to participate in the District Contest in the spring. A list of categories follows.

A contestant may enter only ONE dish in each category.

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## **SUGAR Division**

### **Categories:**

1. **Baked items** (breads, cakes, pies, cookies, etc.)
2. **Non-baked** - no part of the dessert can be baked (candies, icebox pies, ice cream, etc.) This DOES NOT INCLUDE homemade jams, jellies, preserves, etc.

### **General Sugar Cookery Requirements:**

- \* **Bring a prepared dish to the contest.** Recipe must contain at least one cup of sugar in any form (brown, white or powdered sugar are acceptable).
- \* **There can be NO RAW EGGS in the final product.**

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## **SEAFOOD Division**

All dishes must use at least one (1) cup of **LOUISIANA** seafood. The seafood must be fresh, pasteurized or dried. Canned seafood is not acceptable. There can be **no raw seafood in the final dish!** **Only 4-6 servings of the dish are to be submitted - not the entire dish.**

### **Categories:**

1. Oyster
2. Crab
3. Shrimp
4. Fish or Other Seafood
5. Crawfish

## Healthy Boxed Lunch or “Bento” Contest



**Purpose:** The Eat4-Health grant supported by National 4-H and United Healthcare strives to achieve project outcomes of improved dietary choices; improved attitude toward and understanding of healthful foods; increased willingness to try new nutritional foods; and, increased community promotion of healthier food choices. One of the educational efforts offered through the Louisiana 4-H program to achieve these outcomes is a cookery contest.

A bento lunch is a compact, balanced, visually appealing meal packed in a box. “Bento” is Japanese for packed lunch or meal. Each competitor will create a lunch to be eaten at school by a student age 9 to 12. The beverage to accompany the meal will be water (do not need to include).

Examples found on Pinterest



**Eligibility:** The contestant must be a 4-H club member. Open to any age/grade.

**A contestant may enter only ONE entry.**

**Food Safety:** After preparation, the dish must be chilled to refrigerator temperature. Dishes must be transported on ice in an ice chest to the contest. **DISHES NOT CHILLED AND TRANSPORTED IN THIS MANNER WILL BE DISQUALIFIED BY CONTEST OFFICIALS.** Plastic containers, insulated cardboard boxes, etc. are not acceptable containers to transport food (**NO EXCEPTIONS**). Insulated pharmaceutical and floral boxes, etc. are not considered acceptable for transportation of food. Any insulated container not designed to transport food for human consumption will be disqualified. **No recipe containing raw eggs will be accepted.**

### **General Requirements:**

1. Bring a prepared healthy box or Bento lunch to the contest. It should be representative of “MyPlate” recommendations. [www.myplate.gov](http://www.myplate.gov)
2. Each competitor will create a lunch to be eaten at school by a student age 9 to 12. The beverage to accompany the meal will be water (do not need to include).
3. Bring one copy of the recipe/instructions to the contest. The copy of the recipe is to be placed under the dish. Recipes should be printed on 8 ½ X 11” paper. Label ON BACK with your name, school and grade. It is recommended that your recipe be placed in some type of protective sleeve (large Ziploc bags are sufficient) to prevent from getting wet and damaged.
4. Each competitor will transport their Healthy Box or “Bento” Lunch to the contest packed in a portable, lock-top, and leak proof container, chilled and on ice. The competitor will present the box to the judges for sampling. The food should be exhibited not to exceed 18”. To allow adequate space for all entries. You will be asked to remove items not directly related to the dish, such as placemats, flower arrangements, figurines, trays, footed chafing dishes, soup tureens, etc. Non-edible items are not to be used as garnish. No serving utensils will be allowed.

### **Scoring Factors:**

Meal - (100 Points)

*Theme* – suitable for age group, creative (5 points)

*Container* – portable, reusable, lock-top, and leak proof (5 points)

*Preparation Techniques* – neat, interesting, unique (5 points)

*Appearance* – colorful, inviting (5 points)

*Texture* - chewiness, juiciness, variety (5 points)

*Taste* – pleasing, variety (5 points)

*Affordable* - \$5.00 or less per serving (5 point)

*Nutrition* – (65 points) half box is fruits and vegetables; Lean protein included; Low fat dairy included; Fruit for dessert; Portions correct size