

LOUISIANA 4-H



**4-H COMMODITY
AMBASSADOR CONTEST**

**Celebrating Louisiana
Food Commodities**

March 1, 2023
EVAC Megashelter Alexandria, LA

CONTEST OBJECTIVE

- To develop and demonstrate leadership and communication skills.
- To use sound nutritional knowledge when planning meals.
- To acquire scientific knowledge and improved understanding of the economy, versatility and nutritional value of Louisiana agriculture commodities and its relationship to human nutrition and health.
- To help youth develop skills in the preparation and use of Louisiana agriculture commodities and to acquire the ability to express their ideas proficiently and efficiently through participation in projects, talks, discussions, demonstrations, and exhibits.

DATE AND LOCATION

The Louisiana 4-H Commodity Ambassador Contests will be held on March 1, 2023 at the EVAC Megashelter in Alexandria, LA.

REGISTRATION

- Registration form is due by February 15, 2023.
- Each parish is eligible to enter one bona fide 4-H Club member in each division in each category of the contest. However, an individual may only enter one of the barbecuing events due to an overlap in the cooking and presentation times between the chicken, beef, and turkey events.
- Registration form must be completed by the designated deadline. Failure to submit all information may result in point deduction and delay of contest.
- Order of presentation and contestant number will be determined at registration on contest day.

AGE DIVISIONS & DETAILS

Division I	4th to 6th graders	3 to 5 minutes	Posters or Powerpoint Slides
Division II	7th to 9th graders	6 to 8 minutes	Posters or Powerpoint Slides
Division III	10th to 12th graders	8 to 10 minutes	Posters or Powerpoint Slides

TIME DEDUCTIONS

- Presentation is two (2) minutes or less longer than the specified length, two (2) points will be deducted from the total score.
- Presentation is from two (2) to five (5) minutes longer than the specified length, five (5) points will be deducted from the total score.
- Presentation exceeds five (5) minutes longer than the specified length, ten (10) points will be deducted from the total score.

Judges will be allowed to ask 3-5 questions directed to contestants. Questions may be related to statements made by the contestant during their presentation that the judges feel might need further explanation.

VISUALS

- Easels will be provided. PowerPoint presentations using a computer and computer projector can be used.
- A Windows based laptop computer and computer projector will be available. PowerPoint will be installed on the computer and contestants should have their talk on a USB flash drive device.
- If a PowerPoint presentation is planned, the presentation is due in final form for submission at registration on contest day.
- PowerPoint presentations are not to include audio.

CONTEST CONTACT

Primary Contact
Hannah Devall
hdevall@agcenter.lsu.edu

Secondary Contact
Claire Zak
czak@agcenter.lsu.edu

See complete rules for all contest updates, changes, and details

BEEF BBQ CONTEST

SPECIAL RULES AND INFORMATION

- DIVISION I and II will compete in the Oral Presentation, only.
- DIVISION III ONLY will be required to participate in the oral presentation, production cooking, and sensory evaluation portions of the 4-H BBQ Beef Contest.

GENERAL RULES AND INFORMATION

1. The contestant will prepare and cook beef burgers for the judges using ground beef (80/20 lean to fat ratio) provided to them by the contest monitors. Hamburger buns will be provided by the contest monitors and no other hamburger toppings may be included.
2. There will be a 1.5-hour time limit for the preparation of the beef. Each contestant will be provided 1 pound of ground beef. The contestant will use this beef to prepare hamburgers for turn in for sensory evaluation. The ground beef will not be available to the contestant before the contest starting time. The fire may be lit until the contest starting time. Parboiling and/or deep frying competition meat is not allowed.

3. Charcoal barbecue grills must be provided by individual contestants. Each contestant will be assigned a cooking space and work area of one half of an approximately 30-inch by 8-foot folding table adjacent to their grill. Contestants are required to bring their own charcoal and lighter fuel. Self-starting charcoal or automatic fire starter blocks will not be permitted. Chimney-starters may be used but such devices must be placed inside the grill before and during ignition and removed from the grill prior to addition of the chicken for cooking. Fire is restricted to inside the provided grill. Burning materials outside the grills will be considered as a fire hazard. The use of non-charcoal combustible fuel is to be limited. Accessories such as spits, augers, or forced draft are not permitted. Electricity will not be provided or used. Material may not be added to the grill area such as rocks, sand or other dense materials to aid in cooking.

The Aussie Walk-A-Bout Portable Charcoal Grill is an ideal example of type of grill to be used. This grill features folding legs and a locking bowl and hood. There are 332 sq. in. cooking area cooking space, a chrome-plated cooking grid, hood and vents and on this grill.



4. All other equipment and supplies, including sauce, must be furnished by the contestant. Sauce, if used, may be commercial or private recipe (description must be provided to judges on the recipe card to assist during flavor and appearance evaluation). Contestants are expected to use a meat thermometer. Commercial devices for covering of meat during cooking will not be permitted; only aluminum foil wrap may be used.
5. Contestant must provide recipe or preparation outline cards describing sauce, rubs, or other treatments associated with the cooking of the beef to include ingredients and special instructions if necessary for food safety, relating to these ingredients such as keeping sauce ingredients either cool or heated. **NOTE:** Three (3) copies on note card stock, single 3-inch by 5-inch size preferred containing these cooking instructions or recipe must be provided to judges – 2 copies to barbecue skills judges before starting fire, and 1 copy to turn in to sensory evaluation judges with the cooked product
3-Recipe cards need to include the following information:
 1. Name of recipe and contestant number
 2. Ingredients and general cooking instructions
 3. If special cooking techniques were used to achieve unique flavoring

6. Prior to submission of the cooked hamburger for evaluation, contestant must demonstrate to the barbecue skills judges the criteria and methods they use to determine proper doneness of their product. All hamburgers must be presented the same. Contestant is to have turned in product by the end of stated cooking time. Contestants will be notified 15 minutes prior to the end of the cooking time. Each contestant will present two (2) hamburgers to the panel of judges at the conclusion of their cooking time on plates or containers provided.

- No garnishes, dips or additional items shall be presented on the plates or submitted to the judges.
- Note that one recipe card or cooking outline card for the sensory judges must accompany the product.

7. Product will be evaluated using the sensory score sheets.

ORAL PRESENTATION:

An informative presentation, including factual information about beef, will be made by each contestant (see score sheet). The participant is to demonstrate their knowledge in the following areas:

- Information of beef: nutritional value, preparation and storage, functional properties, grading, versatility, and economics of cooking with beef.
- General food safety, including safe storage and handling of beef (uncooked and cooked)

STATE CONTEST AWARDS: Sponsored by the Louisiana Cattlewomen’s Association

Division I Winner \$100	Division II Winner \$100	Division III Winner Louisiana 4-H Educational Trip
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Contest: Beef

Contestant No: _____

Judge's Initials: _____

Date: _____

4-H Barbecue Contest

Presentation Score Sheet

	Points Scored	Comments
A. Participants (Total Points 10) <ul style="list-style-type: none"> Well groomed Dressed appropriately Voice distinct & reasonably strong Pleasant, natural, yet enthusiastic and convincing 		
B. Subject Matter (Total Points 25) <ul style="list-style-type: none"> Participant well informed and demonstrated knowledge of beef industry Information presented accurately, practicality and adequately addressed Incorporated factual nutritional information and addressed food safety issues. 		
C. Presentation (Total Points 25) <ul style="list-style-type: none"> Introduction brief & interesting Methods suited to subject matter and venue Information given in logical manner Equipment & materials handled with ease and skill with visuals, easily seen and understood Effective use of time Important points summarized 		
D. Results (Total Points 10) <ul style="list-style-type: none"> Overall effectiveness of presentation Questions answered satisfactorily 		
TOTAL POINTS		

Contest: Beef

Contestant No: _____

Judge's Initials: _____

Date: _____

4-H Barbecue Contest
Sensory Score Sheet

(Circle appropriate statement for each criteria)	Points Scored	Comments
A. Appearance (Total Points 15) <ul style="list-style-type: none"> • Color too light moderate too dark • Uniformity not uniform moderate uniform • Burnt/Blistered severe moderate none • Speckled with Ash severe moderate none 		
B. Degree of Doneness (Total Points 20) <p style="text-align: center;">undercooked done overcooked</p>		
<p><i>NOTE: If the product handed in is severely undercooked and the judges deem it unsafe to eat, sensory evaluation will end here and zeros given to the remaining categories.</i></p>		
C. Texture (Total Points 15) <ul style="list-style-type: none"> • Chewiness tough chewy tender • Rubbery much moderate none • Juiciness dray moist wet 		
D. Flavors (Total Points 25) <ul style="list-style-type: none"> • Beef poor moderate good excellent • Sauce weak moderate too strong • Off Flavor weak moderate too strong • BBQ Flavor weak moderate too strong 		
E. After Taste (Total Points 5) <p style="text-align: center;">strong moderate weak none</p>		
TOTAL POINTS		

Contest: Beef

Contestant No: _____

Judge's Initials: _____

Date: _____

4-H Barbecue Contest
Cooking Skills Score Sheet

(Circle appropriate statement for each criteria)	Points Scored	Comments
A. Equipment and Utensils (Total Points 5) <ul style="list-style-type: none"> • Practical? YES NO • Efficient? YES NO • Complicate? YES NO • Timely? YES NO • Appropriately arranged? YES NO • Cleanup of work area and equipment? YES NO • Contestant furnished appropriate recipe card? YES NO 		
B. Appearance and Cleanliness (Total Points 5) (person and equipment) <ul style="list-style-type: none"> • Initially Inappropriate Marginal Appropriate • While cooking Inappropriate Marginal Appropriate • Apron/Attire Inappropriate Marginal Appropriate 		
C. Starting Fire (Total Points 10) <ul style="list-style-type: none"> • Was skill demonstrated in starting fire? YES NO • Was method of lighting fire safe? YES NO • Was extra fuel needed to start fire? YES NO 		
D. Controlling Fire (Total Points 15) <ul style="list-style-type: none"> • Was person skilled in controlling fire? YES NO • Was there excessive smoke or flame? YES NO • Fire and heat control Too Hot Appropriate Too Cool • Excessive heat required control measures? YES NO • Excessive ash dust stirred up? YES NO N/A • If needed, was charcoal added properly? YES NO N/A 		
E. Preparing Beef for Cooking (Total Points 10) <ul style="list-style-type: none"> • Demonstrated overall cooking skills YES NO • Safe use of knife? YES NO • Trimmed excess fat? YES NO • Safety handling of uncooked beef? Inappropriate Marginal Appropriate 		
E. Skills in Barbecuing (Total Points 25) <ul style="list-style-type: none"> • Was beef turned before blistering? YES NO • Was meat stuck to grill? YES NO • Was sauce uniformly applied? YES NO • Food safety issues observed: Cleanliness Contamination Handling Check for doneness 		
TOTAL POINTS		

CHICKEN BBQ CONTEST

GENERAL RULES AND INFORMATION

1. Contest sequence for cooking and presentation will be announced at the contest briefing prior to the contest. The contestants will be scored for barbecue skills, sensory evaluation, and presentation according to the barbecue score sheets.
2. Following arrival and delivery of their supplies to the grilling or presentation location, contestants will work alone, except in case of an emergency, as determined by contest monitors.
3. Contestants are responsible for keeping their cooking and presentation areas tidy and for clean-up as well as removal of their equipment and supplies.

PRODUCTION COOKING AND SENSORY EVALUATION: (DIVISION III ONLY)

DIVISION III ONLY will be required to participate in the production cooking and sensory evaluation portions of the 4-H BBQ Chicken Contest.

1. Each contestant will prepare four (4) chicken thighs, bone-in and skin-on provided to them by the contest monitors. They will be evaluated during the preparation of their chicken by judges utilizing the barbecue skills score sheet.
2. There will be a 2-hour time limit for the preparation of the chicken. The chicken will not be available to the contestant prior to the contest starting time. The fire may not be lit until the contest starting time. Chicken shall not be marinated prior to start of the contest. Parboiling and/or deep-frying competition meat is not allowed. Contestant may not inject or insert any fluid, sauce, or additive into the chicken.
3. Charcoal barbecue grills must be provided by individual contestants. Each contestant will be assigned a cooking space and work area of one half of an approximately 30-inch by 8-foot folding table adjacent to their grill. Contestants are required to bring their own charcoal and lighter fuel. Self-starting charcoal or automatic fire starter blocks will not be permitted. Chimney-starters may be used but such devices must be placed inside the grill before and during ignition and removed from the grill prior to addition of the chicken for cooking. Fire is restricted to inside the provided grill. Burning materials outside the grills will be considered as a fire hazard. The use of non-charcoal combustible fuel is to be limited. Accessories such as spits, augers, or forced draft are not permitted. Electricity will not be provided or used. Material may not be added to the grill area such as rocks, sand or other dense materials to aid in cooking.

The Aussie Walk-A-Bout Portable Charcoal Grill is an ideal example of type of grill to be used. This grill features folding legs and a locking bowl and hood. There are 332 sq. in. cooking area cooking space, a chrome-plated cooking grid, hood and vents and on this grill.



4. All other equipment and supplies, including sauce, must be furnished by the contestant. Sauce, if used, may be commercial or private recipe (description must be provided to judges on the recipe card to assist during flavor and appearance evaluation). Contestants are expected to use a meat thermometer. Commercial devices for covering of meat during cooking will not be permitted; only aluminum foil wrap may be used.

5. Contestant must provide recipe or preparation outline cards describing sauce, rubs, or other treatments associated with the cooking of the chicken to include ingredients and special instructions if necessary for food safety, relating to these ingredients such as keeping sauce ingredients either cool or heated. **NOTE:** Three (3) copies on note card stock, single 3-inch by 5-inch size preferred containing these cooking instructions or recipe must be provided to judges – 2 copies to barbecue skills judges before starting fire, and 1 copy to turn in to sensory evaluation judges with the cooked product
 - **Recipe cards** need to include the following information.
 - Name of recipe and contestant number
 - Ingredients and general cooking instructions
 - If special cooking techniques were used to achieve unique flavoring

6. Prior to submission of the cooked thighs for evaluation, contestant must demonstrate to the barbecue skills judges the criteria and methods they use to determine proper doneness of their product. Thighs may be presented either intact, or boneless, however, all thighs must be presented the same either intact or boneless. Contestant is to have turned in product by the end of stated cooking time. Contestants will be notified 15 minutes prior to the end of the cooking time. Each contestant will present two (2) barbecued chicken thighs to the panel of judges at the conclusion of their cooking time on plates or containers provided.
 - No garnishes, dips or additional items shall be presented on the plates or submitted to the judges.
 - Note that one recipe card or cooking outline card for the sensory judges must accompany the product.

7. Product will be evaluated using the sensory score sheets

ORAL PRESENTATION:

An informative presentation, including factual information about beef, will be made by each contestant (see score sheet).

The participant is to demonstrate their knowledge in the following areas:

- The broiler chicken industry in Louisiana the United States and its economic importance
- General food safety, including safe storage and handling of chicken (uncooked and cooked)
- Nutritional value of chicken meat and role in a balanced diet

STATE CONTEST AWARDS:

Division I Winner	Division II Winner	Division III Winner
\$100	\$100	National 4-H Poultry and Egg Contest Award Trip

Contest: Chicken

Contestant No: _____

Judge's Initials: _____

Date: _____

National 4-H Chicken Barbecue

Presentation Score Sheet

	Points Scored	Comments
A. Participants (Total Points 10) <ul style="list-style-type: none"> • Well groomed • Dressed appropriately • Voice distinct & reasonably strong • Pleasant, natural, yet enthusiastic and convincing 		
B. Subject Matter (Total Points 25) <ul style="list-style-type: none"> • Participant well informed and demonstrated knowledge of chicken industry • Information presented accurately, practicality and adequately addressed • Incorporated factual nutritional information and addressed food safety issues. 		
C. Presentation (Total Points 25) <ul style="list-style-type: none"> • Introduction brief & interesting • Methods suited to subject matter and venue • Information given in logical manner • Equipment & materials handled with ease and skill with visuals, easily seen and understood • Effective use of time • Important points summarized 		
D. Results (Total Points 10) <ul style="list-style-type: none"> • Overall effectiveness of presentation • Questions answered satisfactorily 		
TOTAL POINTS		

Contest: Chicken

Contestant No: _____

Judge's Initials: _____

Date: _____

National 4-H Chicken Barbecue
Sensory Score Sheet

(Circle appropriate statement for each criteria)	Points Scored	Comments
A. Appearance (Total Points 15) <ul style="list-style-type: none"> • Color too light moderate too dark • Uniformity not uniform moderate uniform • Burnt/Blistered severe moderate none • Speckled with Ash severe moderate none • Skin Torn severe moderate none 		
B. Degree of Doneness (Total Points 20) <ul style="list-style-type: none"> • Outside of Thigh undercooked done overcooked • Inside of Thigh undercooked done overcooked 		
<p><i>NOTE: If the product handed in is severely undercooked and the judges deem it unsafe to eat, sensory evaluation will end here and zeros given to the remaining categories.</i></p>		
C. Texture (Total Points 15) <ul style="list-style-type: none"> • Chewiness <i>tough</i> <i>chewy</i> <i>tender</i> • Rubbery <i>much</i> <i>moderate</i> <i>none</i> • Juiciness <i>dry</i> <i>moist</i> <i>wet</i> 		
D. Flavors (Total Points 25) <ul style="list-style-type: none"> • Chicken <i>poor</i> <i>moderate</i> <i>good</i> <i>excellent</i> • Sauce <i>weak</i> <i>moderate</i> <i>too strong</i> • Off Flavor <i>weak</i> <i>moderate</i> <i>too strong</i> • BBQ Flavor <i>weak</i> <i>moderate</i> <i>too strong</i> 		
E. After Taste (Total Points 5) <p style="text-align: center;">strong moderate weak none</p>		
TOTAL POINTS		

Contest: Chicken

Contestant No: _____

Judge's Initials: _____

Date: _____

National 4-H Chicken Barbecue
Cooking Skills Score Sheet

(Circle appropriate statement for each criteria)	Points Scored	Comments
A. Equipment and Utensils (Total Points 5) <ul style="list-style-type: none"> • Practical? YES NO • Efficient? YES NO • Complicate? YES NO • Timely? YES NO • Appropriately arranged? YES NO • Cleanup of work area and equipment? YES NO • Contestant furnished appropriate recipe card? YES NO 		
B. Appearance and Cleanliness (Total Points 5) (person and equipment) <ul style="list-style-type: none"> • Initially Inappropriate Marginal Appropriate • While cooking Inappropriate Marginal Appropriate • Apron/Attire Inappropriate Marginal Appropriate 		
C. Starting Fire (Total Points 10) <ul style="list-style-type: none"> • Was skill demonstrated in starting fire? YES NO • Was method of lighting fire safe? YES NO • Was extra fuel needed to start fire? YES NO 		
D. Controlling Fire (Total Points 15) <ul style="list-style-type: none"> • Was person skilled in controlling fire? YES NO • Was there excessive smoke or flame? YES NO • Fire and heat control Too Hot Appropriate Too Cool • Excessive heat required control measures? YES NO • Excessive ash dust stirred up? YES NO N/A • If needed, was charcoal added properly? YES NO N/A 		
E. Preparing Chicken for Cooking (Total Points 10) <ul style="list-style-type: none"> • Demonstrated overall cooking skills YES NO • Safe use of knife? YES NO • Trimmed excess fat? YES NO • Safety handling of uncooked beef? Inappropriate Marginal Appropriate 		
E. Skills in Barbecuing (Total Points 25) <ul style="list-style-type: none"> • Was chicken turned before blistering? YES NO • Was meat stuck to grill? YES NO • Was sauce uniformly applied? YES NO • Food safety issues observed: Cleanliness Contamination Handling Check for doneness 		
TOTAL POINTS		

Turkey Barbecue Contest

GENERAL RULES AND INFORMATION

1. Contest sequence for cooking and presentation will be announced at the contest briefing before the contest. The contestants will be scored for barbecue skills, sensory evaluation, and presentation according to the barbecue score sheets.
2. Following arrival and delivery of their supplies to the grilling or presentation location, contestants will work alone, except in case of an emergency, as determined by contest monitors.
3. Contestants are responsible for keeping their cooking and presentation areas tidy and for clean-up as well as the removal of their equipment and supplies.

PRODUCTION COOKING AND SENSORY EVALUATION: (DIVISION III ONLY)

Contest DIVISION III ONLY will be required to participate in the production cooking and sensory evaluation portions of the 4-H Turkey BBQ Contest.

1. The contestant will prepare and cook turkey burgers for the judges using ground turkey (as is 85-90% lean) provided them by the contest monitors. At least 75% of the finished burger ingredients must consist of the ground turkey supplied by the contest monitors. Hamburger buns will be provided by the contest monitors, and no other hamburger toppings may be included.
2. There will be a 1.5-hour time limit on the preparation of the turkey. Each contestant will be provided 1 pound of ground turkey. The contestant will use this turkey product to prepare turkey burgers for turn in for sensory evaluation. The ground turkey will not be available to the contestant before the contest starting time. The fire may not be lit until the contest starting time. Parboiling and/or deep-frying competition meat is not allowed. Turkey may be cooked in aluminum foil wrap.
3. Charcoal barbecue grills must be provided by individual contestants. Each contestant will be assigned a cooking space and work area of one half of an approximately 30-inch by 8-foot folding table adjacent to their grill. Contestants are required to bring their own charcoal and lighter fuel. Self-starting charcoal or automatic fire starter blocks will not be permitted. Chimney-starters may be used, but such devices must be placed inside the grill before and during ignition and removed from the grill prior to addition of the chicken for cooking. Fire is restricted to inside the provided grill. Burning materials outside the grills will be considered as a fire hazard. The use of non-charcoal combustible fuel is to be limited. Accessories such as spits, augers, or forced draft are not permitted. Electricity will not be provided or used. Material may not be added to the grill area such as rocks, sand or other dense materials to aid in cooking.



The Aussie Walk-A-Bout Portable Charcoal Grill is an ideal example of type of grill to be used. This grill features folding legs and a locking bowl and hood. There are 332 sq. in. cooking area cooking space, a chrome-plated cooking grid, hood and vents and on this grill.

4. All other equipment and supplies, including sauce, must be furnished by the contestant. Sauce, if used, may be commercial or private recipe (description must be provided to judges on the recipe card to assist during flavor and appearance evaluation). Contestants are expected to use a meat thermometer. Commercial devices for covering of meat during cooking will not be permitted; only aluminum foil wrap may be used.
5. Contestant must provide recipe or preparation outline cards describing sauce, rubs, or other treatments associated with

the cooking of the chicken to include ingredients and special instructions if necessary, for food safety, relating to these ingredients such as keeping sauce ingredients either cool or heated. NOTE: Three (3) copies on note card stock, single 3-inch by 5-inch size preferred containing these cooking instructions or recipe must be provided to judges – 2 copies to barbecue skills judges before starting fire, and 1 copy to turn in to sensory evaluation judges with the cooked product.

- **Recipe cards** need to include the following information:
 - Name of recipe and contestant number
 - Ingredients and general cooking instructions
 - If special cooking techniques were used to achieve unique flavoring

6. Prior to submission of the cooked turkey burgers for evaluation, contestant must demonstrate to the barbecue skills judges the criteria and methods they use to determine proper doneness of their product. Contestant is to have turned in product by the end of stated cooking time. Contestants will be notified 15 minutes prior to the end of the cooking time.
7. Each contestant will present two (2) cooked burgers to the panel of judges at the conclusion of their cooking time on plates or containers provided.
 - No garnishes, dips or additional items shall be presented on the plates or submitted to the judges. Only the cooked turkey burgers and provided buns.
 - Note that one recipe card or cooking outline card for the sensory judges must accompany the product.
8. Product will be evaluated using the sensory score sheets.

In case of a tie following tabulation of contestant scores, the tie scores of the top five contestants will be broken in descending order by:

- Highest score in Sensory Evaluation
- Highest score in Barbecue Skills portion
- Method determined by contest committee

ORAL PRESENTATION:

An informative presentation, including factual information about turkeys, will be made by each contestant (see score sheet). The participant is to demonstrate their knowledge in the following areas:

- The turkey industry in Louisiana and the United States and its economic importance
- General food safety, including safe storage and handling of chicken (uncooked and cooked)
- Nutritional value of turkey and role in a balanced diet

STATE CONTEST AWARDS:

Division I Winner \$100	Division II Winner \$100	Division III Winner National 4-H Poultry and Egg Contest Award Trip
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Contest: Turkey

Contestant No: _____

Judge's Initials: _____

Date: _____

National 4-H Turkey Barbecue

Presentation Score Sheet

	Points Scored	Comments
A. Participants (Total Points 10) <ul style="list-style-type: none"> Well groomed Dressed appropriately Voice distinct & reasonably strong Pleasant, natural, yet enthusiastic and convincing 		
B. Subject Matter (Total Points 25) <ul style="list-style-type: none"> Participant well informed and demonstrated knowledge of turkey industry Information presented accurately, practicality and adequately addressed Incorporated factual nutritional information and addressed food safety issues. 		
C. Presentation (Total Points 25) <ul style="list-style-type: none"> Introduction brief & interesting Methods suited to subject matter and venue Information given in logical manner Equipment & materials handled with ease and skill with visuals, easily seen and understood Effective use of time Important points summarized 		
D. Results (Total Points 10) <ul style="list-style-type: none"> Overall effectiveness of presentation Questions answered satisfactorily 		
TOTAL POINTS		

Contest: Turkey

Contestant No: _____

Judge's Initials: _____

Date: _____

National 4-H Turkey Barbecue
Sensory Score Sheet

(Circle appropriate statement for each criteria)	Points Scored	Comments
A. Appearance (Total Points 15) <ul style="list-style-type: none"> • Color <i>too light</i> <i>moderate</i> <i>too dark</i> • Uniformity <i>not uniform</i> <i>moderate</i> <i>uniform</i> • Burnt/Blistered <i>severe</i> <i>moderate</i> <i>none</i> • Speckled with Ash <i>severe</i> <i>moderate</i> <i>none</i> 		
B. Degree of Doneness (Total Points 20) <ul style="list-style-type: none"> • Outer part <i>undercooked</i> <i>done</i> <i>overcooked</i> • Center <i>Undercooked</i> <i>done</i> <i>overcooked</i> 		
<p><i>NOTE: If the product handed in is severely undercooked and the judges deem it unsafe to eat, sensory evaluation will end here and zeros given to the remaining categories.</i></p>		
C. Texture (Total Points 15) <ul style="list-style-type: none"> • Chewiness <i>tough</i> <i>chewy</i> <i>tender</i> • Rubbery <i>much</i> <i>moderate</i> <i>none</i> • Juiciness <i>dray</i> <i>moist</i> <i>wet</i> 		
D. Flavors (Total Points 25) <ul style="list-style-type: none"> • Turkey <i>poor</i> <i>moderate</i> <i>good</i> <i>excellent</i> • Sauce <i>weak</i> <i>moderate</i> <i>too strong</i> • Off Flavor <i>weak</i> <i>moderate</i> <i>too strong</i> • BBQ Flavor <i>weak</i> <i>moderate</i> <i>too strong</i> 		
E. After Taste (Total Points 5) <ul style="list-style-type: none"> <i>strong</i> <i>moderate</i> <i>weak</i> <i>none</i> 		
TOTAL POINTS		

Contest: Turkey

Contestant No: _____

Judge's Initials: _____

Date: _____

National 4-H Turkey Barbecue
Cooking Skills Score Sheet

(Circle appropriate statement for each criteria)	Points Scored	Comments
A. Equipment and Utensils (Total Points 5) <ul style="list-style-type: none"> • Practical? YES NO • Efficient? YES NO • Complicate? YES NO • Timely? YES NO • Appropriately arranged? YES NO • Cleanup of work area and equipment? YES NO • Contestant furnished appropriate recipe card? YES NO 		
B. Appearance and Cleanliness (Total Points 5) (person and equipment) <ul style="list-style-type: none"> • Initially Inappropriate Marginal Appropriate • While cooking Inappropriate Marginal Appropriate • Apron/Attire Inappropriate Marginal Appropriate 		
C. Starting Fire (Total Points 10) <ul style="list-style-type: none"> • Was skill demonstrated in starting fire? YES NO • Was method of lighting fire safe? YES NO • Was extra fuel needed to start fire? YES NO 		
D. Controlling Fire (Total Points 15) <ul style="list-style-type: none"> • Was person skilled in controlling fire? YES NO • Was there excessive smoke or flame? YES NO • Fire and heat control Too Hot Appropriate Too Cool • Excessive heat required control measures? YES NO • Excessive ash dust stirred up? YES NO N/A • If needed, was charcoal added properly? YES NO N/A 		
E. Preparing Turkey for Cooking (Total Points 10) <ul style="list-style-type: none"> • Demonstrated overall cooking skills YES NO • Safe use of knife? YES NO • Trimmed excess fat? YES NO • Safety handling of uncooked turkey? Inappropriate Marginal Appropriate 		
E. Skills in Barbecuing (Total Points 25) <ul style="list-style-type: none"> • Was meat turned before blistering? YES NO • Was meat stuck to grill? YES NO • Was sauce uniformly applied? YES NO • Food safety issues observed: Cleanliness Contamination Handling Check for doneness 		
TOTAL POINTS		

Egg Preparation Demonstration

OBJECTIVES OF CONTEST:

- To develop and demonstrate leadership and communication skills.
- To acquire knowledge of quality standards, size classification, nutritional value, preparation and storage, functional properties, versatility and economic value of eggs.
- To develop creative skills in the preparation, use, and serving of eggs.
- To learn to enjoy eggs as food.
- To use sound nutritional knowledge when planning meals.

RULES AND INFORMATION SPECIFIC TO THE EGG PREPARATION DEMONSTRATION CONTEST:

1. Online registration form must be completed by the designated deadline. All information requested on this sheet must be provided, including a copy of the recipe and IF NEEDED total reheat time REQUIRED prior to the presentation, using the attached "Demo Prep Information" sheet. Failure to submit all information may result in point deduction and delay of contest.
2. The contestants will be scored according to the sample judges scorecard.
3. Each participant must present a demonstration on the preparation of an egg dish.
4. The demonstration must include the following:
 - Information of eggs: nutritional value, preparation and storage, functional properties, grading and sizing, versatility and economics of cooking with eggs.
 - Steps in preparation of the dish.
 - A finished dish ready for sampling. Preparation may be prior to the demonstration or during the actual demonstration, depending on the nature of the dish.
 - Dishes requiring prior preparation must arrive to the contest full cooked and stored at 40° or below with requested time allotted to reheat dish to a safe temperature.
 - Judges will be served and will sample the finished product at the end of each demonstration. Paper plates and bowls and plastic utensils will be provided, and these must be used when serving the judges. Contestants may not give anything to the judges except their recipe (see rule 7) and a sample of their finished product.
5. At the time of the demonstration, each contestant must submit to the judges and superintendent three (3) copies of the recipe used in the demonstration. This recipe must not contain the name of the contestant or the parish represented.
 - **The recipe** includes the following parts:
 - Name of recipe
 - List of ingredients - listed in the order they are used in the instructions.
 1. Measurements given in common fractions.
 2. No abbreviations used.
 3. No brand names used.
 - Instructions for combining ingredients.
 1. Clear instructions for every step of combining and cooking the ingredients.
 2. Short, clear, concise sentences.
 3. Correct food preparation terms to describe combining and cooking process.
 4. Size of pan stated.
 5. Temperature and cooking time stated.
 6. The number of servings and calories per serving.

6. The egg dish must contain a minimum of (Note: Large size eggs):
 - ½ egg per serving if the dish is classified as an appetizer or snack.
 - ½ egg per serving if the dish is classified as a dessert.
 - ½ egg per serving if the dish is classified as a beverage.
 - One (1) egg per serving if the dish is classified as a salad or main dish.
 - Numbers above represent eggs to be broken, however, use of the entire egg is not required. For example, a dessert serving six people may be made with three egg whites.

7. The egg dish recipe may utilize prepared packages of food ingredients (i.e., grated cheese) or canned items (i.e., tomato paste).

8. Each contestant will furnish his or her own supplies for the demonstration EXCEPT the contest committee will provide eggs (size large).
 - **AT THIS POINT Contestants must provide hot plates, electric skillets or burners to be used in the presentation IF NEEDED.**

9. Contestants will be provided an 8-foot table for use during the demonstration.

10. Each contestant is responsible for clean up after his or her demonstration.

11. Refer to Egg Demo Score Sheet for scoring breakdown.

12. In case of a tie, the tie will be broken by the following method, in the order listed:
 - The contestant with the highest score in “Presentation and Skill” will win.
 - The contestant with the highest score in “Program Content” will win.
 - The contestant with the highest score in “Product” will win.
 - A method will be decided upon by the contest committee

STATE CONTEST AWARDS:

Division I Winner	Division II Winner	Division III Winner
\$100	\$100	National 4-H Poultry and Egg Contest Award Trip

Egg Preparation Demonstration Information

Parish: _____

Contestant Name: _____

Please list below the name and a brief description of the recipe to be demonstrated. This recipe must be submitted typed along with final state registration information. Once complete, please submit to Hannah Devall at hdevall@agcenter.lsu.edu.

Recipe Name:

Description:

Preparation time from start to finish: _____

Estimated time needed in to reheat and prepare for demonstration: _____

RECIPE

Egg Preparation Demonstration Scorecard

Contestant No: _____

Judge's Initials: _____

Date: _____

	Maximum Score	Judges Score	Comments
A. Program Content	35		
<ul style="list-style-type: none"> • Introduction: Visual impact: introduction sparks interest, importance established, purpose outlined. 	5		
<ul style="list-style-type: none"> • General Nutrition Information: Accurate, complete, up-to-date, correct terminology: knowledge of nutrients in eggs, attention to balanced meals, health aspects, appropriate reference 	10		
<ul style="list-style-type: none"> • Knowledge of Eggs: Nutritional value, preparation and storage, functional properties in foods, grading and sizing, use in menu planning, appropriate references. 	10		
<ul style="list-style-type: none"> • Summary of Main Points 	5		
<ul style="list-style-type: none"> • Response to Judges' Questions 	5		
B. Presentation and Skill	35		
<ul style="list-style-type: none"> • Appearance: Neatly and appropriately dressed, hair neat and restrained, hands and nails cleaned, no distracting jewelry. 	5		
<ul style="list-style-type: none"> • Delivery: Voice projection, interpretation of information, confidence and speaking ease, avoidance of cliches, general effect on audience. 	10		
<ul style="list-style-type: none"> • Work Techniques: Acceptable food demonstration techniques and equipment, ease and efficiency in work, materials conveniently arranged, work sequence, table and work area clean and neat. 	15		
<ul style="list-style-type: none"> • Visuals: Appropriate, neat, clean, visually appealing, easily read or seen. Contributes to demonstration. 	5		
C. The Product	30		
<ul style="list-style-type: none"> • Sensory Appeal: Appetizing appearance, aroma, flavor. 	15		
<ul style="list-style-type: none"> • Reason for Selection: Dish is selected for economy, convenience, nutrition or other suitable reasons. 	5		
<ul style="list-style-type: none"> • Health Aspects: Dish appropriate nutritionally for intended use; not exceptionally high in fat, calories, sodium. 	5		
<ul style="list-style-type: none"> • Recipe: Correctly written, preparation time not excessive, ingredients available and economical. It is appropriate for today's lifestyles 	5		
TOTAL POINTS	MAX 100		

Seafood Commodity Contest

RULES AND INFORMATION

1. An informative presentation, including factual information about the seafood industry, will be made by each contestant (see score sheet). The participant is to demonstrate their knowledge in the following areas:
 - The seafood industry in Louisiana and the United States and its economic importance
 - General production, marketing, food safety and nutritional value.
2. In case of a tie, the tie will be broken by judging panel.

STATE CONTEST AWARDS:

Division I Winner \$100	Division II Winner \$100	Division III Winner Louisiana 4-H Educational Trip
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Louisiana Crop Commodity Contest

RULES AND INFORMATION

1. An informative presentation, including factual information about the sugar, sweet potato, and/or rice industry, will be made by each contestant (see score sheet). The participant is to demonstrate their knowledge in the following areas:
 - The sugar, sweet potato, and/rice industry in the Louisiana and the United States and its economic importance
 - General production, marketing, food safety and nutritional value.
2. In case of a tie, the tie will be broken by judging panel.

STATE CONTEST AWARDS:

Division I Winner \$100	Division II Winner \$100	Division III Winner Louisiana 4-H Educational Trip
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Contest: _____ **Seafood**

_____ **Louisiana Crop**

Contestant No: _____

Judge's Initials: _____

Date: _____

Presentation Score Sheet

	Points Scored	Comments
A. Participants (Total Points 10) <ul style="list-style-type: none"> • Well groomed • Dressed appropriately • Voice distinct & reasonably strong • Pleasant, natural, yet enthusiastic and convincing 		
B. Subject Matter (Total Points 25) <ul style="list-style-type: none"> • Participant well informed and demonstrated knowledge of commodity industry • Information presented accurately, practicality and adequately addressed • Incorporated factual nutritional information and addressed food safety issues. 		
C. Presentation (Total Points 25) <ul style="list-style-type: none"> • Introduction brief & interesting • Methods suited to subject matter and venue • Information given in logical manner • Equipment & materials handled with ease and skill with visuals, easily seen and understood • Effective use of time • Important points summarized 		
D. Results (Total Points 10) <ul style="list-style-type: none"> • Overall effectiveness of presentation • Questions answered satisfactorily 		
TOTAL POINTS		