

**Iberia Parish 4-H Spring Contest Day**  
**February 28, 2014**  
**Cajun RVer**  
**Registration 8:30-9:00am**  
**Judging begins at 9:00am**

**Demonstration Contests (4-6 grade division, 7-12 grade division)**

\* All demonstration categories have a 5 minute time limit, must be an Individual or teams of 2 from the same grade level (4-6, 7-12)

1. Ag Demonstration— any topic pertaining to agriculture i.e.—horses, livestock, conservation of natural resources, wildlife, marine science, forestry, poultry, entomology (insects), aquaculture or horticulture
3. Healthy Living Demonstration - any topic pertaining to nutrition, food safety, food preparation or exercise
4. Family Consumer Science Demonstration—any topic pertaining to Home Economics such as clothing, family life, health and safety, housing or home furniture
5. Science, Engineering and Technology Demonstration— any topic related to Science, Engineering, Technology
6. Citizenship Demonstration— and topic pertaining to leadership, service or citizenship

**Commodity Ambassador Program**

The 4-H Commodity Ambassador Program is designed for education and enhancement of 4-H club members. Each ambassador program will emphasize specific Louisiana agricultural commodities including egg, chicken, turkey and seafood. Winners in each category will have the opportunity to compete at the State Competition with Agent approval on April 15th, 2014.

Each Commodity Ambassador Program consists of five categories for presentations. (egg, chicken, turkey, seafood, and sugar)

**Division I** – (Grades 4-6) The contestant designs (a) standard poster 22" X 28" relating to one of five categories (1) production, (2) food preparation and nutritive value (3) food safety, (4) processing, (5) marketing; (b) presents a 2-3 minute explanation of poster subject; (c) responds to questions from judges. No dish required. Costumes based on theme are acceptable. No notes or outlines, other than wording on the poster are to be used while giving the presentation.

**Division II** – (Grades 7-9) The contestant designs (a) standard poster 22" X 28" relating to one of the five categories (1) production, (2) food preparation and nutritive value (3) food safety, (4) processing, (5) marketing; (b) prepares an essay not to exceed 500 words or 3 typed pages, (12-14 spaces per inch) double spaced, about the selected subject; (c) presents a 2-3 minute explanation of subject; (d) responds to questions from judges. No dish required. Costumes based on theme are acceptable. No notes or outlines, other than wording on the poster are to be used while giving the presentation.

**Division III** – (Grades 10-12) The contestant will present a 5-8 minute oral presentation following current guidelines of the national commodity illustrated talk contests. Posters or PowerPoint presentations may be used. Costumes based on theme are acceptable. No notes or outlines, other than wording on the poster are to be used while giving the presentation.

**Seafood and Bento Box Cookery Contest Rules**

\*\* Overall winners will advance to the Southwest Area Commodity Cookery on Tuesday, April 28, 2015.

1. A 4-H'er may enter one dish in any of the categories listed in each contest. All dishes must be prepared at home and chilled in the refrigerator overnight. We will reheat the dishes for judging.
2. Dishes must be transported to the cookery in an ice chest. Even dishes that are normally not refrigerated must be entered this way. Dishes not chilled and brought in an ice chest will be disqualified.
3. Bring a copy of the recipe along with the dish (remember a recipe includes ingredients and instructions) please label on the back side of the recipe the child's name, grade and school. Your dish will be given a number when you register.
4. All divisions are open to any age.

5. Hint-Choose dishes that are unique
6. ONLY 4 servings of the dish need to be exhibited, but the entire recipe must be included with your dish
7. Foods/Dishes should be exhibited in a normal-sized serving container, not to exceed 18" to allow adequate space for entries.

**Seafood**-The dish must contain at least 1 cup of Louisiana seafood. No raw seafood allowed in finished dish. All Seafood used must be on the La. Seafood List.

Five categories are available:

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

Louisiana Seafood List

Amberjack	Cobia (Lemonfish)	King Mackerel
Spanish Mackerel	Flounder	Mahi
Black Drum	Freshwater Catfish	Oysters
Blue Crab	**Gamefish (Bass, Bream, etc)	Pink Shrimp
Bluefin Tuna	Garfish	Pompano
Brown Shrimp	Gaspergou	Sand Seatrout (White Trout)
Buffalo Fish	Grouper	Sea Bobs (Shrimp)
Crawfish	White Shrimp	Sheepshead
Snappers	Yellowfin Tuna	
Speckled Trout	Sword Fish	

Healthy Boxed Lunch or Bento 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).

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 must be printed on 8 ½ X 11" paper. Recipes will be scored according to the attached Recipe Evaluation (see general rules).
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 in a disposable serving container, 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.

Hint: For ideas to get you started, Google "Bento Lunch"

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