

BARREN COUNTY 4-H

UK Cooperative
Extension Service

TALK MEET & DEMONSTRATION NIGHT

April 21 at 6:00 PM
Barren Co. Middle School



**You must be registered no
later than April 15.**



To register contact the
Barren Co. Extension
Office @ 270.651.3818
email:ptarry@uky.edu

**Cooperative
Extension Service**

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Lectington, KY 40506



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Kentucky 4-H State Communication Contest

Speech and Demonstration Contest Rules and Categories

General Rules

1. This event includes speeches and demonstrations (individual and team).
2. The age of a young person participating in the State Communication Contest is the age they are on January 1 of the program year in which the state contest is held. Age divisions include: Junior: 9-13 years old; Senior: 14-18 years old.
3. Each Area Grouping can send one participant per category.
4. The state standard is that State Communication Contest participants earn a blue ribbon at the Area Grouping level to qualify for the State Communication Contest event.
5. Participants can participate in one speech and one demonstration category per year.
6. State champions may participate only in categories in which they have NOT previously won.
7. It is suggested that the speech or demonstration given by the 4-Her be a new topic from previous years.
8. The contestant will be introduced by name and title by the room host. There will be no penalty if name and subject or title is used during the presentation.
9. A penalty of three points will be subtracted from the participant's total overall score for time errors (under/over time). The time requirement penalty will apply to the state contest, but not necessarily to county or area events. Participants will be eligible for champion placement.
10. The decisions of the judges are FINAL.

Speech Specific Rules

11. Speeches by Senior level 4-H members must be between 5 to 7 minutes long. Speeches by Junior level 4-H members must be between 3 to 5 minutes.
12. **Senior level:** Because this is an educational learning experience, the Senior 4-Her is expected to choose a topic, research and write their own speech. A participant may have help with practicing the speech. **Junior level:** The 4-Her may have assistance in writing and preparation based on age level.
13. 4-H members should dress in business attire (such as dress shirt, blouse, slacks, dress pants, skirt, dress). Business attire refers to clothing to be worn in professional settings.
14. No visual aids will be used in speech competitions. Custom costumes* and/or electronic equipment (with the exception of electronic notes, see #15) are considered visual aids. Speakers using visual aids will receive a ribbon but will not be considered for champion placement. *If a 4-Her would not wear the item on a daily basis, then the item is considered a costume item and is not allowed.
15. The use of note cards/electronic notes is optional. Points will not be added or subtracted for the use of notes unless the speaker uses them in a distracting manner. *Electronic devices such as smart phones and tablets may be used in place of notecards for any category, however, laptops are not permitted.
16. Dramatic readings, dramatic monologues and recitation of poems (as the entire speech) including web-based information will not be accepted. Excessive or distracting body or hand gestures will be counted against participants in the scoring section.

Demonstration Specific Rules

17. Demonstrations should be between 5-15 minutes.
18. Participants can receive assistance while practicing their demonstration, which may involve rehearsing in front of peers, club leaders, and others. However, at the Senior level, 4-H members are expected to showcase their own original work. This includes selecting a topic, conducting research, and writing their own speech or demonstration. While the internet can be used for reference, it should not be relied upon for non-original content.
19. A participant may have help setting up their demonstration but may not have another person helping during the demonstration. Only team demonstrations may have more than one person participating.

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Assistance from the audience is not permitted.

20. Team demonstrations are permitted at the state level. They will follow the same rules and regulations of the single participant demonstrations. Two 4-H members will comprise a team. Each person must have a significant speaking and presentation portion. Team demonstrations will be placed in a Junior Category or a Senior Category regardless of topic. All team members must be in the same age category.
21. Weapons of any sort cannot be brought into the building or on the grounds of school or university property. This includes firearms, bullets, bows and arrows. Mockups, models, and charts must be used instead. Models cannot look like an actual gun, bow, or other firearm.
22. The use of computers and presentation equipment is only permitted in the Digital Media Presentation Demonstration Category. The use of computers or presentation equipment is not allowed in any other category. *Electronic devices such as smart phones and tablets may be used in place of notecards for any category, however, laptops are not permitted except in the Digital Media Presentation Demonstration Category.
23. Demonstrations must have a posterboard or tri-fold poster as aids during their demonstration with the exception of the Digital Media Presentation Demonstration Category.
24. Videos may not be used during presentations in any category with the exception of the Digital Media Presentation Demonstration Category.
25. Special attire or costumes are permitted when used as visual aids during demonstrations. Otherwise, 4-H members are encouraged to dress in business attire (such as dress shirt, blouse, slacks, dress pants, skirt, dress). Business attire refers to clothing to be worn in professional settings.
26. NO LIVE ANIMALS of any size are permitted.
27. Youth may participate in the individual demonstrations or choose to participate in the team demonstration category. They may NOT do both.

***Notes for State Contest:**

- If judges for the same 4-H member are not within 20 points of one another's score, judges must meet and discuss scores.
- If there is a tie in a category and the judges are not able to come to a consensus, the room host will determine the winner for that category.

Speech Categories

9-Year-Old
10-Year-Old
11-Year-Old
12-Year-Old
13-Year-Old
14-Year-Old
15-Year-Old
16-Year-Old
17-18-Year-Old

Demonstration Categories

Junior (9-13) and Senior (14-18) -Category selection should be based on the primary purpose of the demonstration. It is suggested that demonstrations that do not clearly fit into one category be modified to include information and material relative to the selected category.

CORE: AGRICULTURE

Agriculture – to include information on agriculture business and economics, aquaculture, permaculture, horticulture, and plant and soil sciences (e.g. crops, agronomy, gardening).

Animal Science – to include information on selection, care and feeding of animals, financial records, operations, and animal products for small or large animals. This also includes companion animals.

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(Demonstrations on horses or horse related topics can be included in this category, however, it does not qualify the participant for the State Horse Contests as this is a different event).

CORE: EXPRESSIVE ARTS

Visual Arts – to include drawing, painting, mixed media, decoupage, candle making, macramé, scrap booking, embroidery, quilting, silk screen, batik, block print, corn-shuck flowers, ceramics, jewelry making and similar topics. This category also includes demonstrations related to photography such as picture taking, composition, framing or scrapbooking.

Performing Arts – all demonstrations related to the performing arts including theatre, dance, musical instruments, and musical performance.

CORE: FAMILY & CONSUMER SCIENCES

Clothing & Textiles – to include construction, techniques, wardrobe selection and planning (color, design accessories, appropriate dress for various occasions) selection, use or care of clothing related equipment, care of clothing, posture as it relates to fit, fibers, fabrics, and textile related topics.

Family & Consumer Sciences – to include information on childcare, consumer and financial education, family life, and home environment. **THIS CATEGORY EXCLUDES CLOTHING & TEXTILES AND FOODS. THESE ARE SEPARATE CATEGORIES.**

Foods – to include preparation skills and creativity in using foods for meals and snacks (including breads). Please submit a copy of the recipe on the day of the event.

CORE: HEALTH

Health – to include information on physical activity, bullying, substance abuse, personal development, and safety.

CORE: LEADERSHIP

Team Demonstrations – any demonstration (regardless of topic) conducted by two (2) 4-H members of the same age category (i.e. either juniors or both seniors). Each participant must have a significant speaking AND presentation role in the demonstration. Youth may participate in either the individual demonstrations OR the team demonstration category. They may NOT do both.

CORE: NATURAL RESOURCES

Natural Resources– includes Entomology, Environment, Geology, Forestry, Soils, Water and Wildlife. This category can include science-fair type experiments related to these topics.

Shooting Sports – includes proper care and cleaning of equipment, safety, sighting alignment and shooting techniques, selecting equipment and ammunition. Weapons of any sort cannot be brought into the building or on the grounds of school or university property. This includes firearms, bullets, bows and arrows. Mockups, models, and charts must be used instead. Models cannot look like an actual gun, bow or other firearm.

CORE: SCIENCE, ENGINEERING & TECHNOLOGY

Science, Engineering and Technology – to include information on ATV safety, aerospace/rocketry, biotechnology, bicycle, energy, GPS/GIS, robotics, general science, and computer sciences [may NOT use computer projection equipment in place of posters]. This category can include science-fair type experiments related to these topics.

Digital Media Presentation – must include a hands-on demonstration with the use of presentation software (i.e. PowerPoint, Prezi) regardless of topic. Slides are used in lieu of poster boards. Please bring the presentation on media that can be transferred to another computer (i.e. portable drive).

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NAME: _____ **COUNTY:** _____ **AGE:** _____

CATEGORY: _____ **TITLE:** _____

Instructions: Write the appropriate rating in the "Score" column. Make comments to help participants identify their strengths and areas for improvement. Use the back of the sheet if necessary. Scores below a three must include a comment.

EVALUATION CRITERIA	EXCELLENT	VERY GOOD	GOOD	FAIR	POOR	SCORE	COMMENTS
APPEARANCE:							
1. Neat, well-groomed, dressed appropriately.	5	4	3	2	1		
AUDIBILITY:							
1. Pitch, volume, speed, tone, rhythm.	5	4	3	2	1		
2. Clear pronunciation.	5	4	3	2	1		
3. Clearly heard and easy to understand.	5	4	3	2	1		
4. Enthusiastic, personality shows through.	5	4	3	2	1		
5. Speaker captures and retains audience attention.	5	4	3	2	1		
EYE CONTACT AND POISE:							
1. Eye contact with audience.	5	4	3	2	1		
2. Gestures natural (contribute to talk).	5	4	3	2	1		
3. Posture (erect but not stiff).	5	4	3	2	1		
4. Body language exhibited by contestant desirable.	5	4	3	2	1		
5. Effective use of notes (if used; displays confidence & composure).	5	4	3	2	1		
ORGANIZATION OF MATERIAL:							
1. Introduction gets audience attention & introduces subject.	5	4	3	2	1		
2. Main points organized.	5	4	3	2	1		
3. Flow of speech (smooth with no unnecessary pauses).	5	4	3	2	1		
4. Conclusion (short, interesting, and final).	5	4	3	2	1		
GENERAL:							
1. Originality.	5	4	3	2	1		
2. Use of correct grammar and vocabulary.	5	4	3	2	1		
3. Information age appropriate.	5	4	3	2	1		
4. Speaker understands the content of the speech.	5	4	3	2	1		
5. Subject matter accurate and up to date.	5	4	3	2	1		

TIME: _____ **TIME PENALTY: YES/NO** _____ **TOTAL SCORE:** _____

TIME: SENIOR: 5-7 min; JUNIOR: 3-5 min. Participants going over/under time will be assessed a one-time penalty of 3 points from the final, averaged score and WILL BE ELIGIBLE for a 1st, 2nd or 3rd placing.

SCORING:	RIBBON:	PLACE
BLUE 100 - 80	BLUE	CHAMPION
RED 60-79	RED	2ND
WHITE 59 AND BELOW	WHITE	3RD

SCORE 1	
SCORE 2	
AVERAGE	
TIME PENALTY	
FINAL SCORE	

JUDGE SIGNATURE: _____ **DATE:** _____


NAME: _____ **COUNTY:** _____ **AGE:** _____

CATEGORY: _____ **TITLE:** _____

Instructions: Write the appropriate rating in the "Score" column. Make comments to help participants identify their strengths and areas for improvement. Use the back of the sheet if necessary. Scores below a three must include a comment.

EVALUATION CRITERIA	EXCELLENT	VERY GOOD	GOOD	FAIR	POOR	SCORE	COMMENTS
DEMONSTRATOR:							
1. Neat, well-groomed, dressed appropriately.	5	4	3	2	1		
2. Posture (erect but not stiff).	5	4	3	2	1		
3. Gestures natural (contribute to talk).	5	4	3	2	1		
4. Eye contact with audience.	5	4	3	2	1		
PRESENTATION:							
1. Introduction interesting and gives purpose.	5	4	3	2	1		
2. Visual aids appealing, organized and visible.	5	4	3	2	1		
3. Steps well organized.	5	4	3	2	1		
4. Demonstrator skilled in working with equipment.	5	4	3	2	1		
5. Suitable equipment and proper techniques used.	5	4	3	2	1		
6. Procedures easy to view by audience.	5	4	3	2	1		
7. Effective use of notes (if used; displays confidence & composure).	5	4	3	2	1		
8. Display finished product, offer sample to judges or show that the exhibit works.	5	4	3	2	1		
9. Conclusion (short, interesting and reviews main points, asks for questions).	5	4	3	2	1		
AUDIBILITY:							
1. Clearly heard and easy to understand.	5	4	3	2	1		
2. Voice expressive.	5	4	3	2	1		
3. Talking while working (no dead silent moments, unless equipment is running)	5	4	3	2	1		
GENERAL:							
1. Originality.	5	4	3	2	1		
2. Use of correct grammar and vocabulary.	5	4	3	2	1		
3. Information age appropriate.	5	4	3	2	1		
4. Subject matter accurate and up to date.	5	4	3	2	1		

TIME: _____ **TIME PENALTY: YES/NO** _____ **TOTAL SCORE:** _____

TIME: 5-15 minutes. Participants going over/under time will be assessed a one-time penalty of 3 points from the average score and WILL BE ELIGIBLE for a 1st, 2nd or 3rd placing

SCORING:	RIBBON:	PLACE:
BLUE 100 - 80	_____ BLUE	_____ CHAMPION
RED 60-79	_____ RED	_____ 2ND
WHITE 59 AND BELOW	_____ WHITE	_____ 3RD

SCORE 1	
SCORE 2	
AVERAGE	
TIME PENALTY	
FINAL SCORE	

JUDGE'S SIGNATURE: _____ **DATE:** _____

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**You must be registered no
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**MOCK
INTERVIEW**

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Kentucky 4-H Mock Job Interview Contest Rules

What is a Mock Job Interview Contest?

The Mock Job Interview Contest is a Public Speaking contest that gives members an opportunity to practice the real-life skill of applying for a job. The contest involves a set of fictitious Job Descriptions for senior 4-Her's that the members can go through the process of applying for. To enter the Mock Job Interview Contest the member must:

- Pick one of the four **job descriptions** for a job the member feels qualified for and interested in from the list below.
- Develop a **resume** of their real-life education and experiences that they feel make them a good candidate for that job selected. Bring this resume with you to the mock job interview (For confidentiality purposes, please do not put your actual address or phone number on resume.)
- **Prepare** for the interview.
- Participate in an actual **interview** where they are judged on all of the key elements in the process.

Members are encouraged to review the interview tips and resume writing ideas and supporting materials provided in the Kentucky 4-H Communications Expressive Arts Core Curriculum: The Perfect Fit Level 3.

Categories:

- 14-15 age category
- 16-18 age category

Eligibility:

Senior 4-H members may participate in the 4-H Mock Job Interview Contest. Senior 4-H members are youth ages 14-18. All ages are as of January 1 of the current 4-H year. Two winners per district per age category (exception District 3, which may have 3) may move on to the State Communications Day Mock Job Interview Contest.

Job Descriptions:

Vet Technician
Coffee Bar Attendant
Photographer
Retail Sales Associate



Position: Vet Technician

Position Overview

The Bluegrass Veterinarian Clinic is seeking a vet technician for their office. Duties would include taking care of overnight animal patients, assisting the veterinarian, checking in animals and updating records. Other duties would include assistance with billing and payments. Technician would also be responsible for communicating to the pet owners about special opportunities or vaccination drives.

Essential Job Functions

- Take care of animal patients
- Assist the veterinarian
- Update animal records with weight, addresses, etc.
- Assist with billing and payments
- Communicate with owners about vaccination drives and special opportunities

Other Necessary Skills

- Disease Prevention
- Problem Solving
- Communications
- Keeping Records
- Concern for Others

Position: Coffee Bar Attendant

Position Overview

Bright Starts Café is seeking a motivated and friendly individual to work the coffee bar. No previous food service experience is necessary. Position's duties would include brewing and preparing coffee drinks for customers, and serving breakfast food. Friendly and helpful service is a must. Attendant would also assist in making signs for coffee specials. Attendant would assist in the inventory and ordering of products.

Essential Job Functions

- Brewing and making coffee drinks
- Serving breakfast food
- Providing excellent customer service
- Assisting in making signs and displays
- Assisting in inventory and ordering

Other Necessary Skills

- Teamwork
- Social Skills
- Problem Solving
- Keeping Records

Position: Photographer

Position Overview

New Vision Photography provides excellent service to cover some of life's special moments. This position of photographer would cover general photography, birthdays, and sports photos. Training will be provided to a novice photographer. Duties would include setting appointments, shooting photo shots, and assisting in the photo shop. These would generally include assisting customers with package deals, showing proofs, deciding photo backgrounds and payment or orders. Some special projects may be assigned by manager.

Essential Job Functions

- Set up appointments with customers
- Assist customers in selecting backdrops for photos
- Take photos (general, sports, birthdays)
- Assist customers with proofs
- Work with customers on package deals and payment

Other Necessary Skills

- Self-Responsibility
- Problem Solving
- Social Skills
- Team Player
- Planning and Organizing

Position: Retail Sales Associate

Position Overview

In Town Closet is seeking a motivated and friendly individual to assist customers with purchases. No previous experience is necessary. Position's duties would include assisting customers on the floor, restocking inventory, and manning the cash register. Friendly and helpful service is a must.

Essential Job Functions

- Providing excellent customer service
- Assisting with displays
- Assisting in inventory

Other Necessary Skills

- Teamwork
- Social Skills
- Problem Solving
- Self-Responsibility
- Computer skills

Mock Interview Scoring

Participant Name: _____

County: _____ Age: _____

Please circle the response that most closely represents your feelings about each component of the interview.

1= the lowest score, strongly disagree, or low understanding

3= neutral, mediocre, or just ok

5=the highest score, strongly agree, or high understanding

Notes:

Introduction	1	2	3	4	5
Eye contact	1	2	3	4	5
Handshake	1	2	3	4	5
Confidence	1	2	3	4	5
Appearance	1	2	3	4	5
Gestures	1	2	3	4	5
Voice Level	1	2	3	4	5
Posture	1	2	3	4	5
Discussed Strengths	1	2	3	4	5
Discussed Growth	1	2	3	4	5
Enthusiasm	1	2	3	4	5
Grammar	1	2	3	4	5
Vocabulary	1	2	3	4	5
Enunciation	1	2	3	4	5
Knowledge of Position	1	2	3	4	5
Organized Answers	1	2	3	4	5
Persuasiveness	1	2	3	4	5
Experience	1	2	3	4	5
Closing	1	2	3	4	5
Resume	1	2	3	4	5

Total points: _____

Ribbon Color: _____

Blue: 100-80

Red: 79-60

White: 59-below

Mock Job Interview County and Area Interview Questions

Please choose 7-10 questions for the interviews. You may also add your own if you choose.

1. Tell me about yourself.
2. What do you want to do after high school?
3. Do you have any volunteer experience?
4. Do you have any work experience?
5. Why did you choose this position?
6. When did you know you wanted this position?
7. What are your career goals?
8. How do you plan to achieve these goals?
9. What is your definition of success?
10. Describe a situation in which you were successful?
11. What do you think it takes to be successful in this position?
12. What accomplishments have given you the most satisfaction?
13. Would you rather work with information or people?
14. Are you a team player?
15. What motivates you?
16. Why should I hire you?
17. Are you a goal oriented person?
18. Tell me about a recent goal and what you did to achieve them.
19. What are your short-term goals?
20. What is a long term goal you have?
21. What do you see yourself doing in five years?
22. Where do you want to be ten years from now?
23. Do you handle conflict well? Give an example.
24. Have you had a conflict with a classmate or fellow 4-H member? How did you resolve it?
25. What major problem have you had to deal with recently?
26. Do you handle pressure well?
27. What is your greatest strength?
28. What is your greatest weakness?
29. If I were to ask one of your teachers to describe you, what would he or she say?
30. Why did you join 4-H?
31. What changes would you make to Kentucky 4-H?
32. What are your favorite classes in school? Please tell why.
33. Do you prefer working alone or as a team?
34. How much training do you think you will need to become a productive employee?
35. What qualities do you feel a successful manager should have?
36. Why do you want to work in the _____ industry?
37. What do you know about our company?
38. Why are you interested in this position?
39. What qualities do you have that would make you a good fit for the position?
40. Describe a recent leadership experience.

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HORSE

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Horse Presentation Contest

1. The State 4-H Hippology Contest is divided into the following two division with categories based on the age of the 4-H member as of January 1st of the year the contest is held:
 - Junior Division (9-13 years old): Individual and Team*
 - Senior Division (14-18 years old): Individual and Team*
2. Presentations in both the junior and senior individual divisions must be presented within 9 to 12 minutes. Presentations in both the junior and senior team divisions must be presented within 10 to 15 minutes. For both junior and senior contestants, three points will be deducted from the total score on each judge's score sheet for every minute (or fraction of a minute) under or over the allotted time.
3. Contestants may secure assistance from anyone in preparing and setting up the presentation.
4. All presentations must in some way relate to the horse industry.
5. Contestants may participate in both the individual and team categories within their respective age division; however, a different presentation topic must be used for each presentation.
6. The presentation may be a demonstration or illustrated talk. All references to the term "presentation" in these rule include either demonstration or illustrated talk. A demonstration is defined as a presentation of a step by step procedure with an end product or result. An illustrated talk is defined as a presentation of an idea or topic that uses visual aids to convey the message. Both presentations forms are acceptable and will be evaluated equally, although the delivery methods are different as defined above. Both should utilize visual aids to help convey the major points of the presentation and more than one type of visual aid is preferable. Visual aids may include but are not limited to: handouts, posters, props, videos, slides, and computer generated media (PowerPoint, websites, etc.). No live animals may be used.
7. Senior contestants are required to introduce themselves by name, state (for regional and national competitions), and presentation title and the beginning of the speech. Juniors are allowed to choose whether or not to introduce themselves, points will not be deducted either way. Both junior and senior contestants should not provide additional information such as years in 4-H, number of projects completed, etc.
8. Contestants may use notes. However excessive use of notes may be counted against the contestant. This will be at the discretion of the judge(s).
9. A public address system will NOT be used during the contest.

10. Participants must supply their own props. Two tables and chairs will be provided for the presenter's use. Contestants must provide all of their own equipment.
11. Creative audio visual aids may be used but the contestant must be involved in making or designing them.
12. Contestants should cite their major references after the conclusion of their presentation. This will not be counted in the allotted time.
13. No coaching from parents or coaches during the presentation.
14. Contestants may use video recorders to tape their own presentations. It is the responsibility of the team/individual/coach to provide all recording equipment.
15. No videotaping or photographing of other presentations. Coaches, parents, or other designated individuals may only record the presentation of the individual or team with which they are associated.
16. Only the judge(s) may ask questions of the contestant in the contest. Question time will not be counted in the allotted time. Contestants should repeat the question then answer it.
17. Two or three judges will be used and judges will score each entry independently and assign scores. After all presentations are presented and scores are tabulated, judges may confer and discuss evaluations. Each judge assigns his or her final scores and then cumulative final scores are tabulated to determine the final placings. Contest superintendents may review and check tabulation of scores for mathematical accuracy.
18. Contestant order will be determined at random and will be posted before the contest starts.
19. Ties will first be broken by the judges' accumulated delivery score, second by the judges' accumulated organization score and third on content and accuracy score.
20. The judges will consider the questions listed under each section. The points on the score card will be as follows:

1. Introduction 10 points
 - Did the introduction serve to create interest in the subject?
 - Was the introduction short and to the point?
2. Organization 25 points
 - Was only one main idea demonstrated?
 - Did the discussion relate directly to each step as it was shown?
 - Was each step shown just as it should be done in an actual situation or was a thorough explanation given?
 - Could audience see each step and/or visual aids?
 - Were the materials and equipment carefully selected, neatly arranged and well organized?
 - Were visual aids used if and when they were needed?
 - Were the key points for each step stressed?
3. Content and Accuracy 25 points
 - Were the facts and information presented accurate?
 - Was there enough information presented about the subject?
 - Were approved practices used?
 - Was credit given to the sources of information, if it was appropriate?
 - Was the content appropriately related to the horse industry?
4. Stage Presence 10 points
 - Were the presenters neat and appropriately dressed for the subject of the presentation?
 - Did the presenter speak directly to and look at the audience?
 - Was the presentation too fast or too slow?
5. Delivery 15 points
 - Did the presenter appear to enjoy giving the presentation?
 - Did the presenter have good voice control?
 - Were all words pronounced correctly?
 - If notes were used, was it done without detracting from the presentation?
 - Did the presenter seem to choose the words at the time they were spoken as opposed to a memorized presentation?
6. Effect on Audience 5 points
 - Did the audience show an interest in the presentation?
 - Could the audience go home and carry out the idea?
7. Summary 10 points
 - Was the summary short and interesting?
 - Were the key points briefly reviewed?
 - Did the summary properly wrap up the presentation?
 - Could the presenter handle questions easily?

21. The State 4-H Horse Presentation Contest does not require district qualification in order to compete. 4-Hers are encouraged to present their talk at any county and/or district communications event. If interested in presenting at another event make sure to check the rules for said event to ensure your presentation meets the criteria. Not all 4-H competitions with operate with the same set of rules.

22. Junior State 4-H Horse Presentation Champions (individual and team) are eligible to compete in the junior age category in subsequent years as long as the person's age permits.
23. Senior State 4-H Horse Presentation Champions (individual and team) become eligible for regional and national competition. Once a 4-H'er has represented Kentucky at the national competition, they will not be eligible for that same event at the state, regional or national level in future years. Champions choosing to not compete beyond the state or regional level can only return to the state competition if they present a new presentation.
24. Awards are given through 10 places in the individual categories and through 5 places in the team categories.
25. The decision of the judge(s) is final.

Horse Public Speaking Contest

1. The State 4-H Hippology Contest is divided into the following two division with categories based on the age of the 4-H member as of January 1st of the year the contest is held:
 - Junior Division (9-13 years old): Individual and Team*
 - Senior Division (14-18 years old): Individual and Team*
2. Speeches given by junior contestants should range between 3 and 5 minutes. Speeches given by senior contestants should range between 7 and 10 minutes. For both junior and senior contestants, three points will be deducted from the total score on each judge's score sheet for every minute (or fraction of a minute) under or over the allotted time.
3. Participants may secure assistance from anyone in preparing the speech.
4. All speeches should in some way relate to the horse industry.
5. Senior contestants are required to introduce themselves by name, state (for regional and national competitions), and speech title and the beginning of the speech. Juniors are allowed to choose whether or not to introduce themselves, points will not be deducted either way. Both junior and senior contestants should not provide additional information such as years in 4-H, number of projects completed, etc.
6. A contestant should not use any type of visual aid(s) during the talk. The use of note cards is permitted, but not encouraged. Excessive use of notes may be counted against the contestant. This will be at the discretion of the judges.
7. No coaching from the parents or coaches during the speech.

8. A public address system will not be used during the contest, but a podium will be provided.
9. Contestants should cite their major references after the conclusion of their speech. This time will not be counted in the allotted time.
10. Only the judge(s) may ask questions of the contestant. Question time will not be counted in the allotted time. Contestants should repeat the question then answer it.
11. Contestant order will be determined at random and will be posted before the contest starts.
12. Two or three judges will be used and judges will score each entry independently and assign scores. After all presentations are presented and scores are tabulated, judges may confer and discuss evaluations. Each judge assigns his or her final scores and then cumulative final scores are tabulated to determine the final placings. Contest superintendents may review and check tabulation of scores for mathematical accuracy.
13. Ties will be broken first by the judges' accumulated delivery score, second by the judges' accumulated organization score and third on content and accuracy score.
14. Improper attire will be a violation and appropriate points deducted on the scorecard. Improper attire will be determined at the discretion of the judges.
15. The judges will consider the questions listed under each section. The points on the score card will be as follows:

- A. Introduction 10 points
 - Did the introduction serve to create interest in the subject?
 - Was the introduction short and to the point?
- B. Organization 15 points
 - Were the main points easy to follow?
 - Were the main points arranged in the best order?
 - Were the sentences short and easy to understand?
 - Was the speech interesting?
- C. Content and Accuracy 20 points
 - Were the facts and information accurate?
 - Was there enough information concerning the subject?
 - Was credit given to the sources of information, if it was appropriate?
 - Was the content appropriately related to the horse industry?
- D. Stage Presence 15 points
 - Was the speaker neat and appropriately dressed?
 - Did the speaker talk directly to and look at the audience?
 - Was the speaker's posture erect, but not stiff?
 - Did the speaker refrain from leaning on the podium?

- Did the speaker seem relaxed and at ease?
- E. Delivery 20 points
- Did the speaker have appropriate voice control?
 - Were all words pronounced correctly?
 - If notes were used, was it done without detracting from the speech?
 - Did the speaker seem to choose words at the time they were spoken as opposed to memorized or a ready-type delivery?
- F. General 10 points
- Did the speaker convey to the audience a sense of wanting to communicate?
 - Did the speech reflect the thoughts and personality of the speaker?
- G. Conclusion 10 points

16. The State 4-H Horse Public Speaking Contest does not require district qualification in order to compete. 4-Hers are encouraged to present their speech at any county and/or district communications event. Check specific event rules to make sure your speech is in compliance with the county or district event.
17. Contestants may give no more than one speech in their respective divisions during a given contest.
18. Junior State 4-H Horse Public Speaking Champions are eligible to compete in the junior age category in future competitions as long as age rules apply, however a new speech must be presented each year.
19. Senior State 4-H Horse Public Speaking Champions become eligible for regional and national competition. Once a 4-H'er has represented Kentucky in the national competition, they will not be eligible for that same event in the future at the state, regional and national levels. Champions choosing not to compete beyond the state or regional level can only return to the state competition if they present a new speech.
20. Awards are given through 10 places in each division.
21. The decision of the judge(s) is final.

Kentucky 4-H Horse Program
4-H Individual Demonstration Contest



Total Points _____
Rank _____
County _____
Name _____
Demonstration Topic _____

Time limit: 9-12 minutes; 3 points will be deducted from the total score for every minute (or fraction of a minute) under 9 or over 12 minutes.

-
- | | Possible Points |
|--|-----------------|
| A. Introduction _____ | (10) |
| 1. Did the introduction serve to create interest in the subject? | |
| 2. Was introduction short and to the point? | |
| B. Organization _____ | (25) |
| 1. Was only one main idea demonstrated? | |
| 2. Did the discussion relate directly to each step as it was shown? | |
| 3. Was each step shown just as it should be done in an actual situation or was an explanation given for discrepancies? | |
| 4. Could the audience see each step? | |
| 5. Were materials and equipment carefully selected, neatly arranged and well-organized? | |
| 6. Were charts and posters used if and when needed? | |
| 7. Were the key points for each step stressed? | |
| C. Content and Accuracy _____ | (25) |
| 1. Were facts and information presented accurately? | |
| 2. Was there enough information presented about the subject? | |
| 3. Were approved practices used? | |
| 4. Was credit given to the sources of information if it was appropriate? | |
| 5. Was the content appropriately related to the horse industry? | |
| D. Stage Presence _____ | (10) |
| 1. Was the demonstrator neat and appropriately dressed for the subject of demonstration? | |
| 2. Did the demonstrator speak directly to and look at the audience? | |
| 3. Was the demonstration too fast or too slow? | |
| E. Delivery _____ | (15) |
| 1. Did the demonstrator appear to enjoy giving their demonstration? | |
| 2. Did the demonstrator have good voice control? | |
| 3. Were all the words pronounced correctly? | |
| 4. If notes were used, was it done without detracting from the speech? | |
| 5. Did the demonstrator seem to choose words at the times they were spoken as opposed to a memorized demonstration? | |
| F. Effect on Audience _____ | (5) |
| 1. Did the audience show an interest in the demonstration? | |
| 2. Could the audience go home and carry out the idea? | |
| G. Summary _____ | (10) |
| 1. Was the summary short and interesting? | |
| 2. Were the key points briefly reviewed. | |
| 3. Did the summary properly wrap up the demonstration? | |

4. **Could demonstrator handle questions easily?**

Time _____

Total Award Points _____

(100)

Minus Time Penalty _____

Total Points _____

Kentucky 4-H Horse Program
4-H Team Demonstration Contest



Name _____
Demonstration Topic _____
Total Points _____
Rank _____
County _____

Time limit: 10-15 minutes; 3 points will be deducted from the total score for every minute (or fraction of a minute) under 10 or over 15 minutes.

-
- | | Possible Points |
|--|-----------------|
| A. Introduction _____ | (10) |
| 1. Did the introduction serve to create interest in the subject? | |
| 2. Was introduction short and to the point? | |
| B. Organization _____ | (25) |
| 1. Was only one main idea demonstrated? | |
| 2. Did the discussion relate directly to each step as it was shown? | |
| 3. Was each step shown just as it should be done in an actual situation or was an explanation given for discrepancies? | |
| 4. Could the audience see each step? | |
| 5. Were materials and equipment carefully selected, neatly arranged and well-organized? | |
| 6. Were charts and posters used if and when needed? | |
| 7. Were the key points for each step stressed? | |
| C. Content and Accuracy _____ | (25) |
| 1. Were facts and information presented accurately? | |
| 2. Was there enough information presented about the subject? | |
| 3. Were approved practices used? | |
| 4. Was credit given to the sources of information if it was appropriate? | |
| 5. Was the content appropriately related to the horse industry? | |
| D. Stage Presence _____ | (10) |
| 1. Were the demonstrators neat and appropriately dressed for the subject of demonstration? | |
| 2. Did the demonstrators speak directly to and look at the audience? | |
| 3. Was the demonstration too fast or too slow? | |
| E. Delivery _____ | (15) |
| 1. Did the demonstrators appear to enjoy giving their demonstration? | |
| 2. Did the demonstrators have good voice control? | |
| 3. Were all the words pronounced correctly? | |
| 4. If notes were used, was it done without detracting from the speech? | |
| 5. Did the demonstrators seem to choose words at the times they were spoken as opposed to a memorized demonstration? | |
| F. Effect on Audience _____ | (5) |
| 1. Did the audience show an interest in the demonstration? | |
| 2. Could the audience go home and carry out the idea? | |
| G. Summary _____ | (10) |
| 1. Was the summary short and interesting? | |
| 2. Were the key points briefly reviewed. | |

3. Did the summary properly wrap up the demonstration?
4. Could demonstrators handle questions easily?

Time _____

Total Award Points _____

(100)

Minus Time Penalty _____

Total Points _____

BARREN COUNTY 4-H

UK Cooperative
Extension Service

TALK MEET & DEMONSTRATION NIGHT

April 21 at 6:00 PM
Barren Co. Middle School



**You must be registered no
later than April 15.**



EGG

**Cooperative
Extension Service**

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Disabilities
accommodated
with prior notification.



Kentucky 4-H Poultry Culinary Demonstration Contest

The Egg Chef Challenge

Jacquie Jacob and Tony Pescatore, Animal and Food Sciences

Description

Just like a cooking show, the participant will enlighten their audience while preparing their culinary creation. The Egg Chef Challenge teaches youth how to prepare nutritious, safe meals and snacks using eggs as the main ingredient. The contest challenges individual 4-H members to create an egg dish while demonstrating proper food safety with culinary and cooking skills. The Egg Chef Challenge combines culinary skills with demonstration skills. The youth will also show off their knowledge of eggs and how they can be included in an economical and nutritious meal.

At the state level there are separate competitions for juniors and seniors (14 years of age as of January 1) with separate awards for the top individuals in each age group. The top senior will have the opportunity to represent Kentucky at the national Egg Chef Challenge held at the National 4-H Poultry and Egg Conference which will be held in Louisville the third Thursday of November. They will be provided \$300 to cover travel expenses related to participation in the national event.

Past state winners at the senior level who have competed at the national level are not eligible to participate in the state contest again. Past state winners at the junior level can participate again, at either the junior or senior level depending on their current age.

Purpose of Event

- To provide opportunities for youth to exhibit their knowledge and culinary skills when preparing and presenting a dish
- To acquire knowledge of egg quality standards, size classification, nutritional value, preparation and storage, functional properties, and versatility and economic value of eggs
- To develop creative skills in preparation, use and serving of eggs
- To learn to enjoy eggs as a food
- To use sound nutritional knowledge when planning meals
- To develop and demonstrate communication skills

Date and Time

The contest is held on 4-H Poultry Days, which is the last



Saturday of July. The contest is held in the morning with the 4-H chicken and turkey barbecue events held in the afternoon. Participants are free to participate in the Egg Chef Challenge as well as one of the barbecue contests. Check with your country 4-H agent to register.

Location: TBD

Overview of the Contest

The participants have twelve (12) minutes to demonstrate the preparation of their egg dish, incorporating the following information with regards to eggs:

- Nutritional value
- Proper storage
- Functional properties
- Grades and sizes
- Versatility
- Economical value

Participants need to have a finished product available for the judges to sample at the end of your demonstration. They are given preparation time before their demonstration. If the dish cannot be prepared in the 12 minutes allowed for the presentation, they should prepare a complete dish in that prep time to have available for the judges to sample.

The participants are judged on the program content (35%), their presentation and skill (35%) as well as the final product (30%).

Picking of Recipe

The rules require that the recipe include a minimum number of eggs.

- If the dish is an appetizer, snack, dessert, or beverage it only needs to contain ½ egg per serving. So, if the dish serves 4, it must contain at least two eggs.
- If the dish is considered a salad or main dish it must contain at least 1 egg per serving. Use of the entire egg is not required. For example, a main dish that feeds 6 people may be made with six egg whites.

It is strongly recommended that no-cook recipes not be chosen. The judges will not consume dishes containing uncooked eggs.

It is important to pick a recipe that fits well into the demonstration. It should be relatively easy to prepare and have a role in the overall nutrition of the family. Participants should think about why they chose the recipe and include that information in their presentation. Did they select it for economy, convenience, or nutrition? Did they simply think the dish tasted good? Does the dish use up eggs their hens have been producing? Is it an old family recipe or was there another reason? They should consider the health aspects of the dish. If the dish itself is not considered especially healthy, are there ways the recipe could be modified to make it more health? This could be especially important if this is a sweet dessert. Is the dish appropriate for its intended use? The dish should not be high in fat, calories, or sodium.

The recipe should be typed out to give to the judges at the beginning of the presentation.

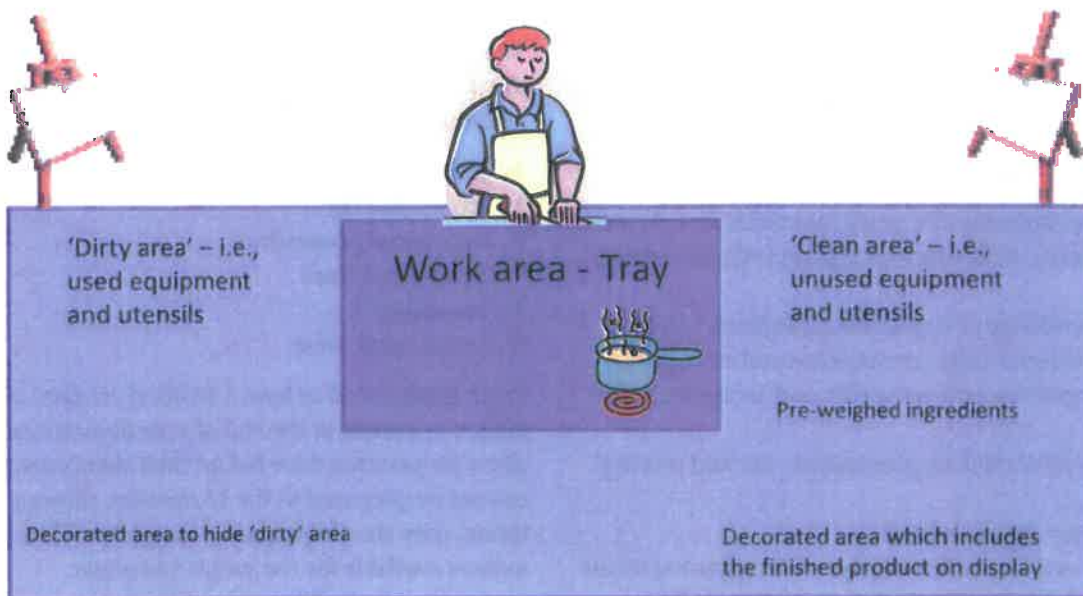
It should be correctly written out as will be described in the rules. The ingredients should be readily available and economical. The dish should be appropriate for modern lifestyles. Participants will need three copies of their recipe to give to the judges.

Preparation

Participants will have time before their presentation to get all their materials and equipment organized. This is referred to as 'prep time' and will take place in a separate room from the presentation room. If the dish takes more than 12 minutes to prepare, participants will also need this time to make the complete dish to have it ready for the judges at the end of their presentation. If the recipe has multiple steps, they may also need to have the dish ready in various stages so that the recipe can be completed within the 12-minute allotted presentation time. There will be an oven, surface units, a microwave, refrigerator, and an electrical out available for participants to use. They need to have indicated on their registration form what equipment will be needed and for how long. For ovens, they will also have to indicate the temperature required.

Eggs required for the dish will be provided. They will be commercial, large, white-shelled eggs. The participant needs to provide all the other ingredients for their recipe.

In the prep room, participants will have two tables. One will be a worktable and the other will be their presentation table. They should set up the presentation table as shown in Figure 1. All the clean equipment and utensils, as well as any pre-weighed ingredients for their recipe, should be on the left.



A U D I E N C E and J U D G E S

Figure 1. Example setup for presentation table.

The middle is reserved for the work area during the presentation. The right side of the table is for dirty dishes. Having some decorations at the front of the 'clean' and 'dirty' areas helps keep them out of sight of the audience. This is especially important for the dirty area. When it is time for the presentation, the table will be carried, as is, into the presentation area.

Some must have items for the table include:

- Hand wipes and/or hand sanitizer
- Small bowl to break eggs into
- Butter knife to break eggs with
- Bowl to put eggshells into
- Paper towels (preferably with a towel rack) and, optionally, disinfecting wipes
- Something to hold dirty dishes
- Something for used paper towels, hand wipes, and/or disinfecting wipes

If a surface unit is required for the presentation, participants will need to provide a portable one since the surface units on the stove will not be available during the presentation.

Presentation

The presentation should spark interest in the recipe. It is important that participants be appropriately dressed. In some cases, this includes appropriate dress for any theme they may use (e.g., cowboy, baseball player, French chef, etc.). Their hair should be neat and restrained. Their hands should be clean. They should not wear any distracting jewelry. An apron should be worn. Participants will be scored on how well they keep the attention of the audience. Participants should talk loud enough to be heard, without shouting. They should avoid the use of clichés.

During the presentation it is important that the participants show good organization of the workspace and safe food handling technique. With the layout discussed above, the participants can work from left to right—keeping clean and dirty dishes separate.

Some important key food handling techniques include:

- Wash hands before and after handling eggs (or using hand sanitizer since there will be no running water in the presentation area).
- Egg should be broken using the back of dull knife and the egg contents placed in a separate bowl.
- Egg contents should be examined before transferring into the mixing dish.

Participants will have two easels available for them to use during the presentation. The easels can be moved to whatever position works best for their presentation. While demonstrating how to prepare the recipe, participants should use large posters to highlight the points they will be discussing. One poster should include a list of their ingredients in the order they will be used. A second poster should highlight the steps

in making the recipe. It is best to use bullet points to make it easier for the audience to follow along.

It is also important for the participants to have large posters to accompany their discussion on the parts, nutritional value, quality, and versatility of eggs. A discussion on the versatility of eggs should include a discussion of the functional properties of eggs. It will be important to note how eggs are functioning in the egg dish being demonstrated. It is also important the participants know and understand the functional properties in case the judges ask them any questions on the topic.

Functional properties include:

- Thickening (custards, sauces, and creamy fillings)
- Emulsifying (mayonnaise, salad dressings, and cream puff fillings)
- Clarifying (some soups and coffees)
- Retarding crystallization (cake icings and candies)
- Leavening (souffles, sponge cake, and puffy omelets)
- Coating (breads and cookies)

Participants should have a poster with the nutrient label for a single, large egg (see Figure 2) as well as one explaining the parts of an egg, egg sizes, and egg grading. The discussion on the parts of the egg should include the air cell. Air cell size is an indication of egg quality. For more information on grading eggs, refer to 4AJ-05PA: Kentucky 4-H Poultry Judging Contents: Market Egg Division – Grading Table Eggs, available online at <http://www2.ca.uky.edu/agcomm/pubs/4AJ/4AJ05PA/4AJ05PA.pdf>.

Nutrition Facts

Amount Per Serving		% Daily Value*	
Serving Size 1 egg (50g)			
Servings Per Container 12			
Calories 70	Calories from Fat 45		
		% Daily Value*	
Total Fat 5g			8%
Saturated Fat 1.5g			8%
Trans Fat 0g			
Cholesterol 185mg			62%
Sodium 70mg			3%
Total Carbohydrate 0g			0%
Dietary Fiber 0g			0%
Sugars 0g			
Protein 6g			
Vitamin A 6%	Vitamin C 0%		
Calcium 2%	Iron 4%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
		Calories:	2,000 2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Figure 2. USDA nutrition label for large eggs.

There should be a discussion on the proper handling and storage of eggs to maintain interior quality. The discussion should include the necessity to refrigerate eggs, preferably in their original carton, on a rack in the refrigerator. Eggs should not be stored on a shelf in the door. Eggs should be cooked thoroughly. Cold dishes should be held before 40°F and hot dishes about 140°F. Temperatures between 40°F and 140°F are considered the danger zone since bacteria grow well at these temperatures.

Any posters used should be neat, clean, visually appealing, and easily read or seen from 15 feet. Make sure that the posters contribute to the demonstration.

At the end of the presentation, the judges are free to ask questions. Common questions include:

- What is the difference between a brown-shelled and a white-shelled egg?
- What breed of chicken was used to develop today's commercial egg layer?
- What role do the chalazae have in the egg?
- Where does the yellow pigment in the yolk from?
- What happens to egg quality as the eggs are kept in storage?
- Where should eggs be stored?
- What is/are the nutritional differences between a Grade AA and Grade B egg?
- What is the main bacterium of concern with food safety and eggs?

Resources

American Egg Board: <https://www.incredibleegg.org/>

Egg Nutrition Center: <https://www.eggnutritioncenter.org/egg/>

Rules and Regulations for State Event

1. The demonstration must be no more than 12 minutes in length. An additional 3 minutes will be provided for the judge to ask questions. If the presentation is 2 minutes or less longer than the specified length, 2 points will be deducted from the total score. If the presentation is from 2 to 5 minutes longer than the specified length, 5 points will be deducted from the total score. If the presentation exceeds 5 minutes longer than the specified length, 10 points will be deducted from the total score.
2. Each participant must submit copies of the recipe to the judges prior to the start of their presentation.
3. **Recipe includes the following parts:**
 - A. Name of recipe
 - B. List of ingredients—listed in order they are used in the instructions:
 - i. Measurements given in common fractions
 - ii. No abbreviations used
 - iii. No brand names used
 - C. Instructions for combining ingredients:
 - i. Clear instructions for every step of combining and cooking the ingredients
 - ii. Short, clear, concise sentences
 - iii. Correct food preparation terms to describe combining and cooking process
 - iv. Size of pan needed
 - v. Temperature and cooking times
 - vi. Number of servings and calories per serving stated
4. The egg dish recipe may utilize prepared packages of food ingredients (i.e., grated cheese) or canned items (i.e., tomato paste).
5. At the end of the presentation, the table will be carried back to the prep room. Each participant is responsible for cleanup after their presentation.
6. Easels will be provided. Only posters and table-top displays will be allowed. All props and visuals must be displayed on the presentation table or easels. There will be a table set up behind the presentation area, but participants are not required to use it. No additional display tables will be allowed. PowerPoint and audio visuals will not be allowed.
7. Posters displayed must be the work of the participant. Participants may use notes or outlines to assist them but reading from notes may hurt presentation scores.
8. Participants will work alone unless an emergency arises, in which case they will be assisted by the preparation room staff.
9. Each participant will furnish his or her own supplies except that the event committee will provide eggs, range, oven, microwave, and refrigerator necessary for preparation of egg dish.
10. There will be no team demonstrations in this event.
11. In case of a tie, the tie will be broken by the following methods in the order listed:
 - A. The participant with the highest score in "Presentation Skills" will win.
 - B. The participant with the highest score in "Program Content" will win.
 - C. The participant with the highest score in "Product" will win.
 - D. A method will be decided upon by the event committee.
12. Past State Winners of the Egg Chef Challenge at the senior level who have competed at the national level cannot participate in the Egg Chef Challenge again.
13. Past State Winners of the Egg Chef Challenge at the Junior Level can participate in the Egg Chef Challenge again at the Junior or Senior Level, providing they meet age requirements as well as county requirements.

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Egg Chef Challenge—Score Sheet

Participant No. _____

Junior or Senior



Recipe _____

	Max Score	Score	
I. Presentation Content	35		Comments
Introduction	5		
Visual impact; introduction piques interest; importance established; purpose outlined			
General Nutrition Information	10		
Accurate, complete, up-to date; correct terminology; knowledge of nutrients in eggs; attention to balanced meals; health aspects; appropriate references			
Knowledge of Eggs	10		
Nutritional value; preparation and storage; functional properties in foods; grading and sizing; use in menu planning; appropriate references			
Summary of Main Points	5		
Unification of information with purpose, key points stressed			
Responses to Judge's Questions	5		

	Max Score	Score	
II. Presentation Skill	35		Comments
Appearance	5		
Neatly and appropriately dressed; hair neat and restrained; hands and nails clean; no distracting jewelry			
Delivery	10		
Voice projection; interpretation of information; confidence and speaking ease; avoidance of clichés; general effect on audience			
Work Techniques	15		
Acceptable food demonstration techniques and equipment; ease and efficiency in work; materials conveniently arranged; work sequence, table and work area clean and neat			
Visuals	5		
Appropriate and useful to effect of demonstration; neat, clean, visually appealing; easily read or seen			

Egg Chef Challenge—Score Sheet - *continued*

	Max Score	Score	
III. The Product	30		Comments
Sensory Appeal	15		
Appetizing appearance, aroma, flavor; flavor that appeals to most people			
Reasons for Selection	5		
Is dish economical, convenient, considerate of health aspects, family favorite, for teens, etc.?			
Health Aspects	5		
Is the dish nutritionally appropriate for the intended used and people served? Is it exceptionally high in fat, calories, sodium, etc.?			
Recipe	5		
Correctly written; preparation time not excessive; ingredients available and economical; appealing and useful to families			
Total Points	100		

Recipe includes the following parts:	YES	NO
1. Name of recipe		
2. List of ingredients – listed in order they are used in the instructions:		
• Measurements given in common fractions		
• Abbreviations used		
• Name brands used		
3. Instructions for combining ingredients:		
• Clear instructions for every step of combining and cooking the ingredients		
• Short, clear, concise sentences		
• Correct food-preparation terms to describe combining and cooking process		
• Size of pan stated		
• Temperature and cooking time state		
• Number of servings and calories per serving stated		

TIME: _____

DEDUCTION: _____

- The demonstration must be no more than 12 minutes in length. An additional 3 minutes will be provided for the judge to ask questions.
- If the presentation is less than 2 minutes longer than the specified length, 2 points will be deducted from the total score.
- If the presentation is 2-5 minutes longer than the specified length, 5 points will be deducted from the total score.
- If the presentation exceeds 5 minutes longer than the specified length, 10 points will be deducted from the total score.