



**2014 County Event Information**  
**OPPORTUNITIES TO SHARE WITH 4-HERS**

Dear Organization volunteers, Food Volunteers, Public Speaking Volunteers, Poster Volunteers, Photography Volunteers, Independent Members and Volunteers,

These cornerstone 4-H events should be encouraged for all members. These events give members the chance to **PRACTICE** life skills.

**IN THIS MAILING:**

Public Speaking  
Demonstrations  
Poster Contests

Food Show  
Action Exhibits

4-H Chef Challenge Event  
Photography Contests  
Science and Technology Presentations

***Signing Up for Events***

Sign-ups for County Events go through the Organization Leader. We ask Organization Leaders to take note of the following:

- ✓ Follow deadlines for sign ups
- ✓ Once members sign up, see that they follow through – there are a lot of costs in awards and resources for the event.
- ✓ Some 4-Hers may do two events. Please put an \* (asterisk) beside those names doing both.
- ✓ Be sure members have current event guidelines so we can assure quality presentations.
- ✓ Call Debbie or Michelle anytime at 796-2151, if you need help.
- ✓ Be sure to read guidelines on the use of the 4-H emblem for presentations.
- ✓ Be sure members and their families get the information or direct them to our web site at <http://extension.unh.edu/4-H-Youth-Development/Presentation-Day>

We have resources to support the various events. They can be accessed on line or by calling the 4-H office. If your members have never participated in one of these events, bringing them to the event to visit helps them see what the event is all about. If members can't make county events we encourage all clubs to involve members in some type of presentation or public speaking in their local club, a community event, or another presentation opportunity. We look for clubs to report these efforts on year-end reports.

In this mailing, each event has its own color coded section. If you need the specific event information to be able to give to members and parents or project leaders, please call the 4-H office to request copies to be able to hand out or get them on our web site at: <http://extension.unh.edu/4-H-Youth-Development/Presentation-Day>

Be sure volunteers in your club get the information they need. They need you to bring their attention to where and how they need to prepare properly for each event, especially new families to the program.

Sincerely,

Deborah Cheever  
4-H Field Specialist  
Youth & Family

Michelle Bersaw  
4-H Program Coordinator  
Youth & Family

# Merrimack County Event Guidelines and Criteria

\* Public Speaking   \* Posters   \* Food Show   \*4-H Chef Challenge   \* Photography   \* Demonstrations   \*Action Exhibits

## Goal Setting as it relates to 4-H Projects

As we approach the county event season again, it gives us a great opportunity to think about goal setting with members as it relates to members preparing for these events. Goal setting has been incorporated into the demonstration score sheet. For example, a 4-Hers goal, who has never done a demonstration before, might be to: "Learn the parts and pieces of a Foods Demonstration by Presentation Day in March". Someone doing a speech for the 5<sup>th</sup> time, might have a goal to "Research in depth the subject matter of their speech by Public Speaking Day" and then do a public presentation.

Enclosed is a life skills wheel that will help you and your members identify the life skills they have learned while preparing for one or more of these events. Once identified, these transfer to the life skill inventory page in the 4-H Record.

## Communication Life Skills

When we think about communication, we need to think more broadly than spoken and written language and include non-verbal skills, listening skills, writing and teaching skills.

4-H really offers a lot of communication opportunities through demonstrations, action exhibits, public speaking, record keeping, club officers, exhibits, posters, photography, Jr. Leadership, quiz bowls, commentating at events, serving on committees, etc.

The presentation day events offer members opportunities to **LEARN and PRACTICE** many of these communication skills and get feedback on areas they have done well and those areas that maybe could **BE STRENGTHENED**. We have people tell us, as well as teachers, that a 4-Her can be spotted when asked to get up in front of others. We even get 4-Hers who have gone off to college tell us how "thankful" they are that they did 4-H presentations. Members stand out as being poised, confident and self-assured because they have participated in these events. This is definitely a work force skill we are developing in young people as well.

## Resources to help prepare for County Events

### Public Speaking

Score Sheets  
Tip Sheet  
Web Page Resources

### Action Exhibit

Handbook, Nuts & Bolts to do an Action Exhibit  
Score Sheet  
Web page resources

### Demonstrations

Score Sheets  
Leader Handbook for Demonstrations  
Member Handbook "Who Can? You Can!"  
Web Page Resources

### Posters

Fact Sheet  
Score Sheet  
Visual Aids fact sheet

**NOTE:** We are judging posters and photography during the week prior to Presentation Day at the 4-H office. Posters and Photography will be on display for everyone to see at Presentation Day. Deadline for Posters and Photos submitted to the 4-H office is Friday, February 21st

### Food Show

Up for the Challenge Curriculum, Fast Foods  
MyPlate Fact Sheet

### Photography

Score Sheet  
Photography curriculum materials

## VISIT THE COUNTY WEBSITE AT

<http://extension.unh.edu/Merrimack-County>

## Awards for Presentation Day

<b>Public Speaking</b>	Participation Ribbon and Award. Scores 90 or above are invited to County Recognition Event. 2 juniors, (12-13) and 2 seniors go to State.
<b>Action Exhibit</b>	Participation Ribbon and Award. Scores 90 or above are invited to County Recognition Event. 12 or older have the opportunity to go to State Activities Day. 6 can go on to State.
<b>Demonstrations</b>	Participation Ribbon and Award. Scores 90 or above are invited to County Recognition Event. 12 or older have the opportunity to go to State Activities Day. 10 from Merrimack County
<b>Posters</b>	Participation Ribbon 3 entries to go to State Activities Day - Members need to be 12 or older by 1/1/14
<b>Food Show</b>	Participation Ribbon and Award.
<b>Photography</b>	Participant Ribbon, 3 entries go to State Activities Day. Members need to be 12 or older by 1/1/14

## *Targeting Life Skills Model*



	<i>Public Speaking</i>	<i>Food Show</i>	<i>Presentation Day</i>
<i>Date of Event</i>	February 1	February 1	March 8
<i>Snow Date</i>	February 8	February 8	March 15
<i>Time</i>	Registration 9 AM Event Start: 9:15 AM	Registration: 9:30 AM Event Start: 10 AM - noon	Registration: 8:30 Posters/Photos need to be at the 4-H office by Friday, February 21. Presentations start at 9 AM
<i>Who can participate?</i>	Juniors 8-13 years old Seniors 14 and Older	Food Project Members 8-18	All 4-H members 8-18 years old, 12 or older go to State Event if chosen
<i>Registration Deadline</i>	Friday, January 10	Friday, January 10	Friday, February 14
<i>Volunteers Needed</i>	8 judges 4 Scorekeepers 3-4 room chairs 3-4 room proctors	Minimum of 25 judges, assistant judges and Jr. judges	Approximately 40 volunteers 12 judges for demonstration 4-5 Score keepers 8-10 photo judges 4-6 action exhibit judges 4-5 room proctors 8-10 poster judges
<i>Where</i>	Merrimack Valley Middle School	Merrimack Valley Middle School	Merrimack Valley High School

**Please make note that all signup sheets are at the end of this publication and are color coordinated to the specific event.**

## *4-H Food Chef Challenge*

**Date:** Friday, March 21, 2014  
**Time:** 6-8 PM  
**Place:** TBD – Participants will be notified of event location  
**Signup:** Please find enclosed signup sheet to get participants registered. Members must be current enrolled 4-H member, age 12 or older.

**Secret Food Item** will be one of the following three ingredients that teams will use the day of the event.

### **Kale, Blueberries or Apples**

Each team will be provided with the secret ingredient and one table. Additional items provided

- ✓ Teams will consist of 2 members and one adult advisor.
- ✓ Adult leader is there to supervise and advise members only. Members are to do all food preparation.
- ✓ Once teams are signed up they will get a packet of materials with more details of the event.

#### **The team is to:**

- Prepare a dish using the secret ingredient and additional items from the pantry list.
- The dish will be plated for presentation
- Provide up to **three additional ingredients** they will use to create their dishes.
- Provide a copy of the recipe to the judges at the completion of the preparation time. The recipe using the secret ingredient must include at least three different food groups from the USDA My Plate.
- Provide their own cooking equipment. See equipment list.
- Teams may create a side dish to complement their main presentation, but may only use the ingredients provided and one extra ingredient they bring.
- Teams are expected to present their prepared items in a plated manner.
- The team should maintain a clean work space at all times.
- The teams will have 20 minutes to prepare and cook, 5 minutes to present to the judge and 10 minutes to clean up.

**Judging:** Exhibits will be judged by a team of judges.

#### **The score card will be as follows:**

40% Taste/Flavor  
25% Originality  
15% Presentation

will be: food preparation gloves, trash cans and bags, and a first aid kit.

10% Food Safety  
10% Cleanliness (Cooking and preparation area will be judged at the end of presenting food to the judges.)

**Awards:** Awards will be given to the top three team scores. One team will be designated to go to State if an event is held. A state event will be held if enough participants from other counties participate. All participants will receive a participation award.

#### **Pantry Items for County and State Level 4-H Chef Challenge**

Fat free cottage cheese  
Skim Milk or 2% milk  
Granulated sugar  
Brown sugar  
Cornstarch  
Honey  
Bouillon cubes, low sodium  
Flour, white whole wheat or all purpose  
Low fat sour cream  
Cream cheese (reduced fat-Neuchatel)  
Cheddar cheese, preferably reduced fat  
Canola oil  
White or cider vinegar  
Vanilla extract  
Oatmeal  
Almond extract  
Margarine/butter

#### **Suggested Spices:**

Black Pepper  
Cinnamon  
Curry Powder  
Onion Powder  
Garlic Powder  
Ginger  
Salt

#### **Stress Food Safety to Members**

- ✓ No alcohol in recipe
- ✓ No mayonnaise or fresh whipped topping.
- ✓ Keep hot foods hot, cold foods cold.
- ✓ Food should be brought in a cooler if cold, and crock pot or other dish if it is a hot item.

# Food Show

## Theme: Farm to Table – All Year Round

### What is the Event?

The Favorite Food Show is intended to be an **EDUCATIONAL EVENT** and all Foods Project members are encouraged to attend. Encourage parents to support their children by helping them get ready, letting them use the kitchen to prepare their food item(s), and see that the members get to the event with the resources needed to be successful.

The purpose of this event is to have members:

- Demonstrate the ability to plan and prepare a nutritious food item(s) in a menu.
- Demonstrate knowledge of basic nutrition and food preparation skills and be able to describe the nutritional value of the foods prepared. Members should be familiar with **“MyPlate”**.
- Prepare a food item and know the steps in preparing the item.
- Develop a display that exhibits their food item appropriately and attractively and has 4-H identification.
- Meet other 4-Hers from throughout the county.
- Take part in educational food activities to increase their knowledge of some aspect of Food and Nutrition, Health, Fitness and Well Being.
- Practice communication skills.
- Learn and practice Healthy Nutrition and Fitness knowledge.
- Practice food safety.

### Who Can Take Part?

All 4-H members (ages 8-18) signed up for the Food and Nutrition Project are strongly encouraged to take part. Members should know the MyPlate concept. Information can be found at [MyPyramid.gov](http://MyPyramid.gov), [www.chooseMyPlate.gov](http://www.chooseMyPlate.gov), or [kids.gov](http://kids.gov). If you cannot get the information, call the 4-H office for a handout.

### 4-H Challenge

If you are 12 or older, you can participate in the designated category for the **“4-H Challenge.”** Participants entering this develop a dish using a local ingredient for their recipe such as root vegetable, dairy, greens, local chicken, beef, etc. Please provide local source farm name on exhibit.

Extra points for those who create their own recipe.

Participants will present to judges the dish they created along with information about the dish's preparation, nutritional value, cost of the dish and food safety concerns. Preparing for the event will follow the Day of Event Checklist in this mailing.

### Categories for Exhibiting

Everyone who attends the event assembles at table areas that are grouped by age. When working with members, please have them pick appropriate recipes for their age. (NOTE: Choosing nutritious recipes is important). Judges will be looking for nutritious recipes. Recipes that use whole grains, reduced fats, salt and sugars should be encouraged.

The categories include; Main Dish, Fruits and Vegetable Dish, Breakfast, Cereal and Nutritious Snacks.

**Juniors/Older Juniors** (8-11 years old) - Salads, fruits, grains, nutritious snacks.

### Members 12 and Older

Food categories include Main dishes, Fruits and Vegetable dishes, Salad, Bread, Soups, and nutritious snacks.

We discourage members from making desserts unless they are nutritious. They often tend to be high in fat and sugars.

**NO NUTS IN RECIPES** - We are discouraging any use of nuts in recipes due to so many individuals having nut allergies. If a recipe has nuts, (or made with any peanut oil) members need a sign to inform individuals of the ingredient.



### Judges Designation Award

Anyone 12 or older in the Foods & Nutrition Project **AND** two or more project years, can be eligible for the judges designation award based on demonstrating an advanced skill, taste of dish, nutritional value, dish presentation and menu. Winners will be announced at the awards ceremony.

### Recipe Choices

This is a Healthy Living event where we are trying to promote good eating choices and healthy recipes. When members pick recipes they should be healthy and not high in saturated fats. Use of whole grains is encouraged. Most recipes can be altered to be more

healthy. The web is a good place to have members do research. NOTE: The categories we want members to exhibit under doesn't encourage dessert recipes.

### Joint Exhibits

Not more than three food members may work as a team. If work is done as a team, each individual must make a dish as part of the meal. Only one place setting is needed. Example: One person might prepare the protein, another the vegetable and the other the grain, dairy or fruit group. They must have a recipe card for **EACH** of the items. The items must be part of a well-balanced meal.

**Judging** - Each receives a separate judging sheet with the group as a whole receiving the same grade on the place setting and menu selection. The food item recipe card and members knowledge of nutrition are judged individually.

*Local Community  
Agriculture will be  
showcased at the event  
to help families know  
more about what is  
going on locally with  
our food resources.*

We are looking for members to volunteer as **Table Greeters**. (This counts as leadership as part of the 4-H record). They need to get to the food show early so they can help participants find their table and get set up. We need these volunteers to help make sure the space we have is well used so that members feel welcomed when they arrive to their area. They will also help to be sure tables have been wiped down and sanitized.

### Acceptable 4-H Foods and Nutrition Curriculum

**NEW!** Due to the change over to the MyPlate Nutrition Information, we have new food resources.

The following resources are no longer to be used:

Tricks for Treats, Level 1 and 2

*Perdue Series*

Six Easy Bites – Level A

Tasty Tidbits – Level B

You're the Chef – Level C

Food Works – Level D

### New Resources to be used:

Up for the Challenge – Gr K-12

Microwave Magic – Grade 4-6

Fast Foods – Grade 5-6

Ohio Pantry Panic – Teens

### Cloverbuds

Food Fun

Sports Fun

Fitness Fun

Call the 4-H office and talk to Debbie about which resources you would like. Some resources will require we make copies or others are available for loan.

### **TAKE NOTE FOR MEMBERS IN PUBLIC SPEAKING AND FOOD SHOW**

Members are able to participate in both Public Speaking and Food Show. You must let us know this on the registration sheet so we can have a sign available for those doing both when they register. PLEASE star all members participating in both events.

### **Judges**

We need about 25-30 judges to work as teams to judge our participants. Please help recruit these people from your club and community volunteers and sign them up on the enclosed form for volunteers. We want **more volunteers** so we do not have members waiting one or two hours at their area before a judge can get to them.

### **Junior Judges**

We love to have our older teens help as Junior Judges. Please sign them up.

# Are you preparing to participate in the 4-H food show?

## Tips for Leaders to prepare members

### Getting Ready for the Event

Leaders should go over with members what will be expected of them at the food show and review what they will be evaluated on. In general, all participants will be evaluated on:

- **Appropriateness of Dress**
- **Preparation of Food** - Members should know the steps followed to prepare their food and bring it to Food Show properly stored and prepared. Food Safety is very critical. Cold items are to be kept cold and hot items need to be kept hot at proper temperatures
- **Nutritional Values of Food Items** - What food group is it in? What are the main nutrients in the food?
- **Menu** - members need to develop a menu with their food item in it. The menu should be well balanced and have a good mixture of foods, color, textures, methods of preparation, etc.
- **MyPlate** – Members need to be familiar with this and know the food groups their food item falls into on the MyPlate.
- **Place Setting** - Members should have a basic place setting, which includes place mat, napkins, utensils, plate/bowls and beverage with a glass/cup if the menu requires it. They should know how to set a proper place setting.
- **Centerpiece** - This is only required for Senior members; however, Junior members may include one if they wish.
- **Food Display Poster** - These are optional; however, members find it a nice way to display their menu card, recipe and the MyPlate information. Many 4-Hers are using their computer to put their display together.

See how creative members can be. It also helps 4-Hers as a prompt, to learn the information. Remember to check out the information at [www.chooseMyPlate.gov](http://www.chooseMyPlate.gov)

### Help Members By:

- ✓ Holding at least one meeting with foods members prior to the event. Leaders are to be using the National Foods Curriculum materials for the Foods Project for members 10 and above. We also have the “Up for the Challenge” curriculum with activities. We have both resources at the 4-H office for leaders. It needs to be supplemented with the MyPyramid information.
- ✓ Mixes are not recommended. However, if used, they should not be instant.
- ✓ Letting them know alcohol is not to be used as an ingredient in any recipe brought to the Food Show.
- ✓ Having them learn more about nutritional value of their favorite food.
- ✓ Knowing how to set an attractive and proper place setting, which is appropriate for the type of menu the members will be choosing, (i.e. formal, informal), breakfast, lunch, etc.
- ✓ Understanding how to plan a balanced meal for breakfast, lunch, dinner, which includes their favorite food.
- ✓ How the new My Plate applies to their menu
- ✓ Being able to talk about the food groups and exercise needs for their age group.
- ✓ Developing an attractive display for their exhibit.
- ✓ have them use the internet as a resource for current nutrition information, particularly the [www.chooseMyPlate.gov](http://www.chooseMyPlate.gov)
- ✓ Ask them to visit the internet and research fitness information on the “*Fitness Pyramid*” and the [www.PALA.gov](http://www.PALA.gov) site.

**Hot Dishes** - Members should wrap or put food in a crock pot that will keep dish hot while waiting for judging. Be aware of food safety as it relates to their food item.

**Trial Run** - Doing a trial run at the club meeting will help members build a better picture for themselves of what the event will be like and so they can visualize what a display should look like. Also go over with member; what goal they set for their project as they will be asked this, kitchen safety, food preparation, purchasing food for balanced meals and life skills learned in their project.

**Foods to Avoid** - No recipes with mayonnaise, whip cream, as they don't keep and we need to be concerned about food safety. Recipes should not be submitted that include alcohol as an ingredient.

**Program Format** - This is an educational foods day. Members and parents should be made aware that the event is approximately 2 - 2 ½ hours in duration and members are expected to stay for the duration. Tentative program format includes;

9:30 - 10:00AM	Registration/Set Up
10 - 11:30AM	Judging of Exhibits
10 -11:30 AM	Parent's Program
10:15 - 11:30AM	Foods Activities and Demonstrations going on along with judging
11:45AM -12:15PM	Awards Presentation

**Parent's Program** - While the youth are being judged, parents are invited and encouraged to participate in an educational parent's program related to Foods & Nutrition.

**Awards** - All members who participate receive a ribbon and a small award.

**Sign up Deadline - Friday, January 10, 2014**

#### Parents Program

Please advise parents they are not allowed in the judging area! There will be a specific program for them while their child is being judged!



## *Be sure members have the following information!*

#### What Members Need to Do

1. Before the event, choose a food to prepare or cook and find the source of their favorite food, i.e., Good Housekeeping, 4-H Food Resource.
2. Copy a recipe onto a "3x5" index card. Can be handwritten or computer generated.
3. Write out a menu card and develop an appropriate display either on poster board, construction paper, etc. , and be sure to include favorite food recipe and the menu it will be part of.
4. Practice table setting at home.
5. Know how the food item was mixed and steps taken to prepare it.
6. Know the food groups and the one(s) the favorite recipe belongs to, as judges will be asking this information.

#### Be Prepared to Answer the Following Questions:

##### Juniors 13 and Under

- What is the source of your favorite food recipe? Cookbook, (which one), grandmother, newspaper, internet, etc.
- What are the recognized food groups? What quantity from each group do you need daily?
- What else would you eat with your food to make it a balanced meal? Why?
- What techniques or skills did you use in making your favorite food?
- What was the overall cost of your dish and how many servings does the recipe make?
- What key nutrients are in your food and why are each important to good health?
- Why is physical fitness important for health? We will be asking 4-Hers questions about their daily physical activity levels.

##### Seniors 14 and Older

- What are major nutrients in your food? (i.e. protein, carbohydrates, calcium, Vitamin A, D, C, iron, Zinc).
- Why are those nutrients important to good health?
- How many calories in your dish?
- What ideas do you have for varying your recipe?
- What other foods could be prepared with your food to make it suitable for another occasion?

What is the approximate cost of the recipe and the meal you have designed?

#### Seniors really need to be prepared for the above

**questions.** We have materials on food nutrients and calorie information if members need to research this. The internet is also a good source of information as well, particularly on the USDA site.



## Member Checklist

- Arrive at event at 9:30 unless they are doing both Public Speaking and Food Show. The program starts at 10 AM.
- Registration check-in starts at 9:30AM. Too early an arrival means waiting around too long with food safety becoming a concern.
- Find a table in designated age category.
- Once at event set up display and stay nearby until a judge arrives. Introduce yourself to others at the table.
- When judge arrives, stand, **SMILE**, and be prepared to answer questions.
- Once judging is complete, take part in food activities in order to get your award.
- At designated time, members will be called forth to receive a ribbon and special award for participation.

Members will be participating in food activities and there may be a bit of a wait before the judge gets to their table. Please be sure members know this. Have them bring something to read while waiting.

## Day Of Event

On the day of the event:

- Bring complete table setting appropriate for the menu which would include place mat, silverware, napkins, glasses, cups, etc. Centerpiece optional for Juniors. **NOTE:** we will be using round tables so bringing a table cloth will not work as will be putting 3 people to a table.
- Bring food item prepared; enough for the judge to taste and to share at one's table.
- Extra paper plates and plastic ware for others to taste if one desires.
- Consider Food Safety of the food recipe. If the food item needs to be cold, pack it so it stays chilled. If it needs to be hot, plan for this. **NOTE:** Time between set up and time the item is judged may vary and may take a while, so plan for food safety accordingly.
- Serving utensils for Favorite Food.
- Bring a copy of the food recipe and meal menu. An extra copy of the recipe card is nice to share with others.
- Dress neatly and appropriately for the menu. Overall, all 4-Hers are judged on neatness and presentation.
- Have clean hands and fingernails. Pull back long hair.

- Keep Food Safety in mind when transporting your food and having it available to taste. If you have a hot food, you need to provide the proper food container to keep it hot. We have limited electrical outlets to keep it at proper temperatures. Be sure all food is thoroughly cooked.
- **Come with a smile, relax and have fun!**

## Arrival and Event Details

**Do Not Arrive Before 9:30 AM**

**EVENT TIME: 10:00 am - 12:15 pm**



## CALLING ALL 4-Hers!

### Granite State Dairy Promotion Food Opportunity

**4-Hers and 4-H clubs are being encouraged to participate in this year's Mac and Cheese Bake Off!**

**Date:** Saturday, January 18, 2-5 pm, at the Courtyard by Marriott, Concord. This event is sponsored by the Granite State Dairy Promotion and your local NH Dairy Farmers. This is a great way to support N.H.'s dairy industry.

Register by January 13, 2014. If you register by January 3, you will receive FREE Cabot cheese.

For more information, register your dish, please visit the website at [www.nhdairypromo.org](http://www.nhdairypromo.org)

How cool would it be for a 4-H club to walk away as the Grand Champion of Macaroni and Cheese?!?!?

# Public Speaking

This event will be going on at the same time as Food Show in the classrooms adjacent to the cafeteria.

## What is it?

It has been said that public speaking is the number one fear of most Americans. 4-H gives youth a jump start on this skill by offering an opportunity for members to learn skills needed in public speaking and to have the opportunity to present their skill for feedback from a panel of judges. This opportunity is provided at the 4-H Public Speaking event. Members are evaluated based on their age and number of years in the Public Speaking program. Parents and youth both report this program teaches self-confidence.

## Who Can Take Part?

**Juniors:** Anyone between 8-13 years of age as of January 1<sup>st</sup> of the current year.

**Seniors:** anyone 14 or older as of January 1<sup>st</sup> of the current year.

## Is There a Set Topic?

Members may choose the topic of their choice which can be their favorite project or a very formal talk on a specific project or area of interest. Some suggested general topic areas to consider are: Home/Family, School, Current Issues, Trips/Vacation, Humorous Topics, Historical Events and Favorite Pet.

## Length of Time for Speech

Juniors	8-11 year old	1-3 minutes
Older Juniors	12-13 years old	3-8 minutes
Seniors	14 and older	5-10 minutes

## How is the Judging Done?

Depending on the number of registrations, age, groups are generally divided out into 8-9 year olds, 10-11 year olds, 12-13 year olds, and seniors, 14 and older. Sometimes this is adjusted and more than two age groups may be arranged together in order to accommodate a better organized program.

## Horse Public Speaking

State Representation – Each county can send 2 members (12-13) and 2 Senior members, (14-18) to State. Our county can send 2 Senior Public Speakers, 14 years and older, who speak on a horse topic to State Activities Day to compete for National Horse

Roundup. Let's see our horse members take advantage of this opportunity.

## Sign Up Deadlines

**FRIDAY, JANUARY 10, 2014**

## Speech Titles

Please encourage members to have a title at the time they sign up or be sure to call in the title before the day of the event. We continue to have too many speeches without titles and need this to prepare the program. We must have speech titles and information prior to the event. Members are not to repeat a speech from a previous year. A topic must be changed or presented on another aspect of a subject. All presentations needs to be new work completed since June 3, 2013.

## Resources

Call the 4-H office for the resources listed in front of this packet. The Public Speaking Guidebook is very helpful. Searching the web for resources is helpful as well.

## Volunteers

We need adults and youth to help as volunteers. Please suggest people you have available. This is a great opportunity to recruit toastmasters.

Score Sheets can be found on our website at:

<http://extension.unh.edu/4-H-Forms>

Speeches from  
previous years  
cannot be  
repeated!



# *Presentation Day at Merrimack Valley High*

## Check Out the Science Presentations

**Note:** the same score sheet is used for demonstrations, action exhibits and public speaking

Events include: \* Demonstrations \*Photography Contest \* Action Exhibits \*Poster Contest \* Science Event

### **DEMONSTRATIONS**

#### **What is it?**

Demonstrations are an opportunity for members to share with others, something that they know "how to do". It also gives members the opportunity to learn. It also gives members the opportunity to learn more about one of the seven 4-H life skills, "communication". We need to communicate with others through a variety of ways all throughout our lives. 4-H demonstrations help members to learn new knowledge and be able to share it with others. Many of the skills learned in 4-H demonstrations, strengthen school projects and are beneficial in later work environments and college.

#### **Topics/Categories Demonstrations**

Demonstrations can be done in several different project categories as outlined below. Any 4-Her, 8-18 years of age can do a demonstration, whether they have been in a project for one or many years. They should select the category which is most appropriate for what they are demonstrating.

#### **NH State Activities Day – Demonstration Subject Areas**

The broad subject areas listed are only to help group

demonstrations into rooms with a similar subject. Counties are not limited to the number of demonstrations per area, but only the total number of demonstrations allocated for the particular county. Merrimack County can send up to 10 Demonstrations to State. Let's meet our goal of sending 10 demonstrations! We need to bring up our numbers from last year.

1. Animal Science – Large Animal
2. Animal Science – Small Animal
3. Senior Horse Individual (only those National Horse Roundup eligible)
4. Senior Horse Team (only those National Horse Roundup eligible)
5. Citizenship & Civic Education
6. Communication & Expressive Arts
7. Environmental Education & National Resources
8. Family & Consumer Sciences
9. Healthy Lifestyle Education
10. Personal Development & Leadership
11. Plant Sciences
12. Science & Technology
13. Other (please describe)

---

When completing the Sign Up form, please select the category that best fits the demonstration topic so we can organize rooms. If you have a demonstration that does not resemble one of the above, use #13 (other) and describe the subject matter so we can group it most appropriately. Encourage members in the foods project to try a demonstration or action exhibit. Sometimes food show exhibits can be adapted to be a demonstration or action exhibit.

**ATTENTION ANIMAL SCIENCE MEMBERS** – Demonstrations make a great way to educate others about some aspect of your project. Let's see clubs represented at this event!

#### **Important NOTE about Demonstrations/Action Exhibits**

**NO LIVE ANIMALS ARE ALLOWED IN THE MEMORIAL UNION BUILDING AT UNH.** If you are doing an animal presentation, you must use a stuffed animal. Firearms may not be included in any exhibit for State or Eastern States. For presentations related to firearms, models or photos must be substituted. Be aware that live animals may not be accepted at Eastern State Exposition New England Center.

#### **Team Demonstrations**

As a county, we can send 2 senior individual horse demonstrators and 2 Senior Team Horse Demonstrations (14 and older) on to State Activities Day if those demonstrations are eligible to compete at the National Horse Roundup in Louisville, KY. Eligibility requirements are as follows; participant must be 14 years of age as of January 1<sup>st</sup>, 2014 and cannot have competed at the National Horse Communications Contest in the past.

### **Award Notes**

For the Horse Senior individual and team selected to attend Louisville, it is highly recommended a demonstration is done, not an illustrated talk. An illustrated talk does not compete well at the national level, and a lower scoring demonstration may be selected over a winning illustrated talk. The highest scoring team and individual at State Activities Day will earn a trip to Louisville, Kentucky to compete at the National 4-H Horse Roundup.

### **Length of Demonstration**

The length may vary with the subject of the talk, but generally:

**Juniors:** 3-8 minutes    **Seniors:** 5-10 minutes

### **What to bring?**

- If foods demonstration, tray for materials to be placed on, table cover, use clear bowls.
- All materials for demonstration.
- Posters, if appropriate, tape, easel for posters.
- Visual Aids - These are all the parts and pieces needed to do demonstration.
- Completed item/product to show or share with judges.

**NOTE:** TAPE WILL NOT BE ACCEPTABLE on the walls of Merrimack Valley High School in the cafeteria. Science fair exhibit boards make a good display piece for action exhibits.

### **Dry Runs at Home**

This allows the member to see if everything needed is packed. Check lists are helpful in order not to forget any items for the demonstration

### **Electricity**

Please check ( ) on sign up form if demonstration needs electricity.

### **Posters/Visual and Finished Product**

In most cases, posters/visuals are very much a part of a demonstration. They help members remember parts of their demonstrations - listing steps of recipes; a cover poster can be used to introduce the demonstration and the demonstrator. A summary poster can help recap what the member did. Posters add clarity because hearing and seeing help people remember better. **Members should have a finished project to show at the end of their demonstration.**

### **Questions**

Members should be prepared to ask their audience if they have any questions and answer questions from the judges. Members may also be asked to talk briefly with the judges after their presentations.

### **Volunteers Needed**

Volunteers are needed for each of the various events. Please help us tap some of the talents of parents and volunteers in your club to help us with these events. Use the enclosed volunteer sheets to provide us with information. 4-H Alumni make great volunteers as well.

### **Judges and Teens needed for State Activity Day**

We need to recruit 3 judges from our county to judge, and teens to serve as Room Chairpersons at State Activities Day, Saturday, May 31<sup>st</sup>. Are you interested? Let Debbie or Michelle know.

### **How to do a Demonstration Guide**

Not sure how to do a demonstration or how to teach your members? Call for the Demonstration Guide which walks you through the steps of how to put one together. We highly recommend that clubs get this guide for their members as judges have indicated that there has been a lack of quality in Demonstration presentations the last couple of years. This guide, if followed, will give key points for doing a demonstration.

Visit <http://extension.unh.edu/4-H-Youth-Development/Presentation-Day> for helpful hints in preparing and giving a demonstration.

### **Quality of Demonstrations**

We look for high quality demonstrations. Using the resources we suggest will help your members become successful. Call for resources. We want to see the demonstrations we send to State be top quality. Need help with this? Call the 4-H office for resource people to help you and your members. We only move presentations on to State that would make quality presentations.

### **Foods Demonstration**

All food demonstrations will need to be sure they have a barrier between them and the food they are preparing. Gloves, spoons, spatulas can serve as barrier protection depending on the demonstration.

### **VISIBILITY OF 4-H IN PRESENTATION**

Somewhere in the exhibit or on posters, people should get the impression that it is a 4-H presentation. Clovers on posters or somewhere in exhibit help get this message across. 4-H emblems are to be used properly. 4-H program and connection to UNH or UNH Cooperative Extension need to be identified somewhere in the presentation.

## Is it an Illustrated Talk or a Demonstration?

Definition: A demonstration is the act of showing how to do something by actually doing it.

*Example: A demonstration on “How to Sew on a Button”, would feature someone actually showing the steps for sewing on a button.*

Definition: An illustrated Talk is the act of explaining how to do something by using visual aids such as posters, charts, models.

*Example: An illustrated talk on “How to Plant a Garden” would feature the use of posters to outline the steps followed or show a correct garden plan or list the tools and seeds necessary.*

Score Sheets

Available on the web site at:

<http://extension.unh.edu/4-H-Forms>

MY NOTES:

# Continuing the all call for Science Demonstrations!

This will be our third year offering...**Science experiment demonstrations!**

As we look to have youth enjoy science and really learn basic science skills what better way to do it than by putting together a science demonstration. Many of our youth have been involved in science fairs in school and the 4-H event will help them expand on science further. Better yet, it will challenge our 4-Hers to find the SCIENCE in their 4-H project!

Enclosed is a fact sheet that provides the overview of what a 4-Her needs to do if they want to participate in this track of Presentation Day.

## Science Experiment Score Sheet

The 4-H Science Experiment/Engineering Design Score Sheet that is modeled after our other presentation day score sheets. It provides the criteria for the evaluation of the science demonstration.

## Signing Up

The Sign up is the same date as demonstrations, Friday, February 14, 2014.

If signing up a science demonstration, use CATEGORY #12.

**Who can participate?** Any interested 4-Her .



**Where to sign up?** There is a designation area to sign members up on the Presentation Day sign up form. Be sure there is a title for the Presentation. We need sign ups in order to know how many judges to plan for this science opportunity. We are also looking for volunteers who could evaluate this type of demonstration.

# Volunteers for Food Show Registration Sheet

We assume the names you have listed have been contacted by you and have agreed to be a judge. We need around 25-30 judges. Please help us find volunteers. Community members make great judges and they get to see 4-H first hand. We need many judges so participants are not waiting 1 ½ hours or more before seeing a judge.

**Please return to the 4-H office, 315 Daniel Webster Highway, Boscowen, NH 03303 by FRIDAY, JANUARY 10, 2014**

The following people have volunteered to help with Food Show or email [Deborah.cheever@unh.edu](mailto:Deborah.cheever@unh.edu) or [michelle.bersaw@unh.edu](mailto:michelle.bersaw@unh.edu). Subject line: **JUDGE FOOD SHOW.**

Name	Adult	Jr. Judge	Mailing Address	Phone	Jr or Sr Category?

We send all judges a packet of orientation materials prior to the judging day. We also make teams so no one judges alone. Junior Leaders make great judges too!

# *Favorite Food Show Sign Up*

Organization Leader ONLY to submit this form

Reminder: Put \* by names of youth doing both Food Show and Public Speaking

Please return to the 4-H office, 315 Daniel Webster Highway, Boscawen, NH 03303 by Friday,  
January 10, 2014

CLUB NAME: \_\_\_\_\_

Junior Names (8-11)	4-H Age 1/1/14	# Yrs in Food Proj.	Food Category Exhibited in
Older Juniors (12 & 13)	4-H Age 1/1/14	# Yrs in Food Proj.	Food Category Exhibited in
Seniors (14 & Older)	4-H Age 1/1/14	# Yrs in Food Proj.	Food Category Exhibited in
Table Greeter's Name	Age		





















# 2013 4-H Poster Contest Registration Sheet

One entry per member

Please return to the 4-H office, 315 Daniel Webster Highway, Boscawen NH 03303 by FRIDAY, FEBRUARY 14, 2014

**BRING YOUR POSTERS TO THE 4-H OFFICE by FRIDAY, FEBRUARY 21, 2014**

*After pre-judging at the 4-H office, posters will be exhibited at County Presentation Day on Saturday, March 8, 2014*

*All Posters and Photographs needs to be picked up at Presentation Day.*

Club Name: \_\_\_\_\_

**PLEASE FILL IN ALL INFORMATION COMPLETELY**

**Do Not Count This Year**

Name/Address/Phone	Date of Birth	Age 1/1/14	Title Description	Years in Contest
Persuasion to Action – this is limited to Seniors, age 14 or older.				

## *2013 State 4-H Photography Contest Rules*

**All Photographs to the 4-H office by Friday, February 21, 2014**

- Members do not need to be enrolled in photography to enter.
- Prints can be black and white or color.
- Photography must be no larger than 9" x 12". Entries can be matted and framed to a larger overall size,
- Entry should be submitted as a print.
- Each exhibit must be identified with a caption, name, age, address and county on reverse side.

Members can enter photographs in the following categories:

- N.H. at its Best
- 4-H at its Best/4-H Promotion
- Open Category for Juniors or Seniors

### **NOTE:**

- All photos are to have this exhibit entry form enclosed attached to the back of their photo.
- Photographs which have previously won a state competition, **must not be resubmitted.**
- Only 1 photograph per exhibit per member may be entered
- Photos have to be taken no earlier than June 2<sup>nd</sup>, 2013

**Sign up for Photo Entries through Organization Leaders.  
Entries are due to the 4-H office by Friday, February 14, 2014.**

## *2013 State 4-H Photography Contest Rules*

**All Photographs to the 4-H office by Friday, February 21, 2014**

- Members do not need to be enrolled in photography to enter.
- Prints can be black and white or color.
- Photography must be no larger than 9" x 12". Entries can be matted and framed to a larger overall size,
- Entry should be submitted as a print.
- Each exhibit must be identified with a caption, name, age, address and county on reverse side.

Members can enter photographs in the following categories:

- N.H. at its Best
- 4-H at its Best/4-H Promotion
- Open Category for Juniors or Seniors

### **NOTE:**

- All photos are to have this exhibit entry form enclosed attached to the back of their photo.
- Photographs which have previously won a state competition, **must not be resubmitted.**
- Only 1 photograph per exhibit per member may be entered
- Photos have to be taken no earlier than June 2<sup>nd</sup>, 2013

**Sign up for Photo Entries through Organization Leaders.  
Entries are due to the 4-H office by Friday, February 14, 2014.**

## 2014 New Hampshire 4-H Photography Exhibit

4-Hers Name: \_\_\_\_\_ Age as of January 1<sup>st</sup>, 2014 \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Club Name: \_\_\_\_\_ County: \_\_\_\_\_

Photo Theme Area \_\_\_\_\_ N.H. at its Best \_\_\_\_\_ 4-H at its Best/4-H Promotion \_\_\_\_\_ Open Category

Number of Year in contest (do not count this year) \_\_\_\_\_

Photograph Caption: \_\_\_\_\_

Equipment Used: Type of Camera \_\_\_\_\_ Flash \_\_\_\_\_ Filters \_\_\_\_\_ Digital \_\_\_\_\_ Digital Enhanced

If Digital Enhanced, describe enhancements \_\_\_\_\_

Type of Processing Used \_\_\_\_\_ Commercially Printed

Other: \_\_\_\_\_

Signature of 4-H Member: \_\_\_\_\_

Glue this to the back top left corner of your photo entry.

## 2014 New Hampshire 4-H Photography Exhibit

4-Hers Name: \_\_\_\_\_ Age as of January 1<sup>st</sup>, 2014 \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Club Name: \_\_\_\_\_ County: \_\_\_\_\_

Photo Theme Area \_\_\_\_\_ N.H. at its Best \_\_\_\_\_ 4-H at its Best/4-H Promotion \_\_\_\_\_ Open Category

Number of Year in contest (do not count this year) \_\_\_\_\_

Photograph Caption: \_\_\_\_\_

Equipment Used: Type of Camera \_\_\_\_\_ Flash \_\_\_\_\_ Filters \_\_\_\_\_ Digital \_\_\_\_\_ Digital Enhanced

If Digital Enhanced, describe enhancements \_\_\_\_\_

Type of Processing Used \_\_\_\_\_ Commercially Printed

Other: \_\_\_\_\_

Signature of 4-H Member: \_\_\_\_\_

Glue this to the back top left corner of your photo entry.

# All Posters to the 4-H office Friday, February 21, 2014

## Rules

- Posters must be made on standard poster board measuring 14"x22". They may be horizontal or vertical.
- Posters on non-standard size board will not be accepted.
- Posters may be produced by any medium including: watercolor, ink, crayon, acrylic, charcoal, and/or oils.
- Word processed lettering and computer generated graphics are not acceptable.
- Posters *may* be three-dimensional, however must be no more than ¼" high (must be able to lay flat in a pile).
- Poster should be able to be read from 10' to 15' away.
- Poster should convey one clear message (not a collage).
- Other than the 4-H Clover, posters *are not* to incorporate copyrighted materials like "Garfield" or "Snoopy" cartoon characters or trademarked materials such as depictions of items with names like "Elmer's Glue" or "Campbell's Soup".
  - IF the 4-H Clover is used, it may not be distorted and no images may be superimposed over it.
  - The statement "18 USC 707" must legibly appear at the right of the base of the clover
  - Any use of the official 4-H Clover (*any* clover with "H's" on the leaves) must be used in accordance with the rules governing the emblem. Official 4-H graphics and regulations may be found at: <https://extension.unh.edu/4H/4HLearnM/ClovrRul.pdf>

## Members can enter posters in the following categories:

- \* 4-H Citizenship
- \* 4-H Healthy Living
- \* 4-H Promotion
- \* 4-H Science

## Posters from previous years cannot be re-submitted

- Each entry should be identified by name, age, address, county, and a brief explanation of which theme the poster represents. Use form provided.

**Entries are limited to ONE per member.** Members MUST be 12 years or older as of 1/1/14 to be eligible for State Activities Day. Each county may submit 3 posters to the state poster contest.

For more information on "how to", visit this website:

<http://extension.unh.edu/4-H-Youth-Development/Presentation-Day>

**READ CRITERIA CAREFULLY! POSTERS NOT MEETING GUIDELINES ARE DISQUALIFIED!**

# All Posters to the 4-H office Friday, February 21, 2014

## Rules

- Posters must be made on standard poster board measuring 14"x22". They may be horizontal or vertical.
- Posters on non-standard size board will not be accepted.
- Posters may be produced by any medium including: watercolor, ink, crayon, acrylic, charcoal, and/or oils.
- Word processed lettering and computer generated graphics are not acceptable.
- Posters *may* be three-dimensional, however must be no more than ¼" high (must be able to lay flat in a pile).
- Poster should be able to be read from 10' to 15' away.
- Poster should convey one clear message (not a collage).
- Other than the 4-H Clover, posters *are not* to incorporate copyrighted materials like "Garfield" or "Snoopy" cartoon characters or trademarked materials such as depictions of items with names like "Elmer's Glue" or "Campbell's Soup".
  - IF the 4-H Clover is used, it may not be distorted and no images may be superimposed over it.
  - The statement "18 USC 707" must legibly appear at the right of the base of the clover.
  - Any use of the official 4-H Clover (*any* clover with "H's" on the leaves) must be used in accordance with the rules governing the emblem. Official 4-H graphics and regulations may be found at: <https://extension.unh.edu/4H/4HLearnM/ClovrRul.pdf>

## Members can enter posters in the following categories:

- \* 4-H Citizenship
- \* 4-H Healthy Living
- \* 4-H Promotion
- \* 4-H Science

## Posters from previous years cannot be re-submitted

- Each entry should be identified by name, age, address, county, and a brief explanation of which theme the poster represents. Use form provided.

**Entries are limited to ONE per member.** Members MUST be 12 years or older as of 1/1/14 to be eligible for State Activities Day. Each county may submit 3 posters to the state poster contest.

For more information on "how to", visit this website:

<http://extension.unh.edu/4-H-Youth-Development/Presentation-Day>

**READ CRITERIA CAREFULLY! POSTERS NOT MEETING GUIDELINES ARE DISQUALIFIED!**

## 2014 4-H Poster Exhibit

Members MUST be 12 years old or older by 1/1/14 to be eligible for State Activities Day

4-Her Name: \_\_\_\_\_ Age Jan. 1st: \_\_\_\_\_

County: \_\_\_\_\_ Mailing Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Club Name: \_\_\_\_\_

Number of years in contest previously (DO NOT COUNT THIS YEAR) : \_\_\_\_\_ years

Poster Theme Area: \_\_\_\_\_ 4-H Citizenship \_\_\_\_\_ 4-H Promotion \_\_\_\_\_ 4-H Healthy Living \_\_\_\_\_ 4-H Science

Brief Interpretive Statement of Art Work: \_\_\_\_\_

### Check List of Criteria Met (to qualify, all items must be checked):

\_\_\_\_\_ No Copyright or Trademarked materials \_\_\_\_\_ 4-H Clover used according to regulations

\_\_\_\_\_ Poster is standard 14" x 22"

\_\_\_\_\_ Poster was created after June 1, 2013 \_\_\_\_\_ Poster contains one clear message (not a collage)

\_\_\_\_\_ If poster is 3-D, it is no more than ¼ " high and can lay flat in a pile

Signature of 4-H Member: \_\_\_\_\_

**ATTACH THIS TO BACK OF POSTER**

## 2014 4-H Poster Exhibit

Members MUST be 12 years old or older by 1/1/14 to be eligible for State Activities Day

4-Her Name: \_\_\_\_\_ Age Jan. 1st: \_\_\_\_\_

County: \_\_\_\_\_ Mailing Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Club Name: \_\_\_\_\_

Number of years in contest previously (DO NOT COUNT THIS YEAR) : \_\_\_\_\_ years

Poster Theme Area: \_\_\_\_\_ 4-H Citizenship \_\_\_\_\_ 4-H Promotion \_\_\_\_\_ 4-H Healthy Living \_\_\_\_\_ 4-H Science

Brief Interpretive Statement of Art Work: \_\_\_\_\_

### Check List of Criteria Met (to qualify, all items must be checked):

\_\_\_\_\_ No Copyright or Trademarked materials \_\_\_\_\_ 4-H Clover used according to regulations

\_\_\_\_\_ Poster is standard 14" x 22"

\_\_\_\_\_ Poster was created after June 1, 2013 \_\_\_\_\_ Poster contains one clear message (not a collage)

\_\_\_\_\_ If poster is 3-D, it is no more than ¼ " high and can lay flat in a pile

Signature of 4-H Member: \_\_\_\_\_

**ATTACH THIS TO BACK OF POSTER**



Name	Address	Phone
Poster Judges	Address	Phone
Science Judges	Address	Phone

# *Volunteers for Food Show*

## **Registration Sheet**

We assume the names you have listed have been contacted by you and have agreed to be a judge. We need around 25-30 judges. Please help us find volunteers. Community members make great judges and they get to see 4-H first hand. We need many judges so participants are not waiting 1 ½ hours or more.

**Please return to the 4-H office, 315 Daniel Webster Highway, Boscawen, NH 03303 by FRIDAY, JANUARY 10, 2014**

The following people have volunteered to help with Food Show.

Name	Adult	Jr. Judge	Mailing Address	Phone	Judge Jr or Sr?

We send all judges a packet of orientation materials prior to the judging day. We also make teams so no one judges alone. Junior Leaders make great judges also!