**GENERAL PRESENTATION REGULATIONS**
(Note: Foods Category – all ages will do a Demonstration. No scoring on Taste on score sheet. We are judging presentation not cooking ability.)

**BUGS & BEES:**
Objective: To depict aspects of entomology as fun and illustrate the importance of insects to human health and well being. **Topics include:** insect collecting, life cycle of insects, beekeeping, insect pests, fire ants, tics, spiders, etc.

**SMALL & COMPANION ANIMALS:**
Objective: To learn basic information and skills needed in the selection, care and training of small animals. **Topics include:** the basic care of a dog, cat, bird, rabbit, hamster, etc., dog obedience, care of pets during a hurricane, picking the right pet, etc.

**HORSE:**
Objective: To increase the level of horse knowledge and expertise. **Topics include:** horse selection, feeding, health, management, training, etc.

**HORSE PUBLIC SPEAKING:**
Objective: To build confidence in a youth’s ability to present horse related information in a logical and concise manner. **Topics include:** horse selection, feeding, health, management, training, etc.

**HORTICULTURE PRODUCTION & MARKETING**
Objective: To teach youth how to properly grow and market horticulture crops and ornamental plants. **Topics include:** producing healthy vegetables, marketing fruits and vegetables, how to run a pick-your-own operation, etc.

**LIVESTOCK & DAIRY PRODUCTION:**
Objective: To increase the level of knowledge and expertise of production technologies and issues of the livestock and dairy industries. **Topics include:** feeding, management, herd health, industry specific issues, genetics & reproduction, promotion, etc.

**CROP PRODUCTION & UTILIZATION:**
Objective: Allow youth to explore the production and utilization of agronomic crops and learn new technologies and developments in crop production and utilization. **Topics include:** alternative crops, pest management, biotechnology in crop production, no-till crop production, crop issues surrounding peanut, cotton, tobacco, etc.

**POULTRY PRODUCTION & PREPARATION:**
Objective: To increase the level of knowledge and expertise of poultry science, poultry industries, poultry production, and/or poultry food products. **Topics include:** embryology, back yard or commercial flocks, food safety in preparing poultry products, industry specific issues, etc.

**WHEELS & ENGINES:**
Objective: To learn basic information and skills needed to purchase, operate and maintain a bicycle, skateboard, automobile, motorcycle, ATV, tractor and/or small engine equipment. **Topics include:** road rules, types of bikes, skateboards, maintenance, repair, recreational activities, car selection, repair, maintenance and performance racing, etc.

**ELECTRIC:**
Objective: To allow youth to demonstrate their knowledge of basic electricity, electric energy, conservation of energy, and other related electrical principles and facts. **Topics include:** magnets, solar energy, energy saving devices, how electricity is generated, wire size, amps, watts and voltage, meter reading, lamp repair, construction, etc.

**SAFETY:**
Objective: To encourage and promote safe living in the home and in the community. **Topics include:** first aid, CPR, home fire safety plans, child identification safety, Amber Alerts, farm safety, pesticide safety, school-bus safety, baby-sitting safety tips, etc.

**SCIENCE & TECHNOLOGY:**
Objective: To encourage study and investigate in all aspects of Science and Technology. **Topics include:** DNA, genetics, science fair competitions, chemistry, physics, geology, biotechnology, aerospace, rocketry, computer science, science of volcanoes, hurricanes, etc.

**OPEN CLASS:**
Objective: To provide opportunities for youth to present unique subjects that is broader than the established subject categories. **Topics Include:** how to play chess, balloon animals, cake decorating, studying your family tree, flying a kite, the great pyramids, how to pack for a trip, etc. PLEASE BE SURE THAT A PRESENTATION PRESENTED IN THIS CATEGORY DOES NOT FIT IN ANY OTHER CATEGORY.

**ARTISTIC ARRANGEMENT/LANDSCAPING**
Objective: To provide opportunities for youth to learn how to properly arrange horticultural crops or wild plants with live or dried material and recognize the value an arrangement plays in a decoration scheme. To prepare youth to apply landscaping principles (design and construction) to daily life situations. **Topics include:** making a table arrangement, wreath decorating, Feng Shui, floral selection, arrangement and presentation, etc. How to properly arrange, establish and maintain flowers, ornamental plants and turf, recognize positive and negative landscaping practices in their environment, etc.
**EXPRESSIVE ARTS & COMMUNICATIONS:**
Objective: To encourage youth to study and investigate the varied aspects of communications and expressive arts and provide a forum for youth to share information related to communications and expressive arts. **Topics include:** modern crafts, art (painters, restoration, etc.), collections and hobbies, dance, sign language, creative writing, music, etc. **Note:** This is a presentation category, not a performance opportunity.

**PUBLIC SPEAKING:**
Objective: To provide opportunities for youth to develop an appropriate speaking presence and increase their knowledge of and skills in speech preparation and delivery. **Topics include:** patriotism, 4-H involvement, teen pregnancy, alcohol and teens, staying in school, the effects of media on youth, academic testing, volunteering, being a positive role model, etc.

**INTERIOR DESIGN & HOME SPACE:**
Objective: To increase the knowledge of and skills in interior design and art principles and materials involved in making the home more attractive and convenient at a minimum cost. **Topics include:** clothing construction, care and maintenance of apparel, stain removal, fabric selection, comparison-shopping, textile science (the history behind nylon, cotton, etc.), Clothing Entrepreneurship (alterations, sewing for the public, etc.), interior design. **Topics also include:** living space re-designs, room make-over’s, organization, using color and fabrics in a home, decorating, home safety (radon, carbon monoxide, water, etc.), solar energy, recycling, accessibility, etc.

**SOIL, WATER & THE ENVIRONMENT:**
Objective: To increase youth’s awareness of environmental problems, which involve soil or land and/or water resources and to recognize the importance of these resources to individuals and society today. **Topics include:** lake/river beautification, storm water, landfills, estuaries, protecting the Outer Banks, erosion control, ground water, flood control, etc. Recycling.

**FISHERIES & AQUATIC RESOURCES:**
Objective: To engage youth in a deeper understanding of some aspect of our aquatic environment and how to make wise decisions concerning aquatic resources. **Topics include:** aquaculture, marine life (fresh and salt water), fishing (commercial and recreational), marine environmental issues (oil spills, beach litter, etc), sea turtles, scuba diving, setting up an aquarium, whales, etc.

**FORESTRY & WILDLIFE:**
Objective: To teach youth the skills involved in forest and wildlife management. **Topics include:** including tree identification, forest reforestation, wildlife habitat, endangered species, forest fires, controlled burns, national parks and forests, snake identification and safety, camping, hiking, the red wolf, barn owls, etc.

**CAREERS & ENTREPRENEURSHIP:**
Objective: To encourage youth to investigate careers they are interested in and refine skills they will need for the workplace. **Topics include:** presentations on any career path. How to become a veterinarian, nurse, teacher, lawyer, rocket scientist, etc. What does a park ranger do? The day in the life of a racecar driver, I want to be an archeologist, resume writing, dress for success, how to select a college, starting your own business, interview skills - what you need to know, etc.

**HEALTH & FITNESS:**
Objective: To encourage youth to investigate and improve their health, the health of their family and community. **Topics include:** weight management & dieting, exercise, fitness plans, asthma, car seats safety, carbon monoxide poisoning, child abuse, dental hygiene, eating disorders, CPR training, Heimlich maneuver, gang violence, heart disease, immunizations, down syndrome, breast cancer & screening, sport injuries, the benefits of recreational activity, karate, etc.

**FRUIT & VEGETABLE USE:**
Objective: To encourage youth to learn about the nutritional contributions of fruits and vegetables and acquire skills in planning, purchasing, preparing and serving fruits and vegetables in meals and snacks. **Topics include:** including fruits in your diet, the importance of fiber in your diet, vitamin A, fruit salads, fun with vegetables, etc.

**DAIRY FOODS:**
Objective: To encourage youth to learn about the nutritional contributions of dairy products and acquire skills in planning, purchasing, preparing and serving dairy products in meals and snacks. **Topics include:** milk shakes, smoothies, dairy foods as a main dish, calcium for strong bones, osteoporosis, etc.

**PEANUT FOODS:**
Objective: To encourage youth to learn about the nutritional contributions of peanuts and acquire skills in planning, purchasing, preparing and serving peanuts in meals and snacks. **Topics include:** peanut dishes, peanuts add protein to meals, combining peanuts and grains in main dishes, peanuts and salads go together.
EGG COOKERY:
Objective: To encourage youth to learn about the nutritional contributions of eggs and acquire skills in planning, purchasing, preparing and serving eggs in meals and snacks. Topics include: creating a prepared dish, meeting the minimum egg serving size requirement, information on nutritional value, quality, and versatiliy of eggs; steps involved in preparation of the dish, and a finished dish ready for sampling.

HOSPITALITY, ETIQUETTE & SOCIAL GRACES:
Objective: To encourage youth to learn and model proper etiquette and social graces. Topics include: introductions, a proper place setting, cell phone etiquette, party/event planning, dinning Do’s & Don’ts, writing thank you notes, dressing for a social occasion, etc.

WOODWORKING & HERITAGE CRAFTS:
Objective: to encourage youth to learn basic and in-depth knowledge about woodworking and the cultural arts of mountain heritage. Topics Include: woodworking, carving, basket weaving, quit making, pottery, candle making, embroidery, bead working, Native American art, etc.

CITIZENSHIP & CIVIC RESPONSIBILITY
Objective: to encourage youth to learn about the citizenship program, to learn to be better citizens and how they can support their community, country and world. Topics Include: Constitution, the three branches of government, how bills become laws, and the rights and responsibilities of being a US citizen etc.

COMMUNITY SERVICE & VOLUNTEERISM
Objective: to encourage youth to get involved in their community through some sort of service activities. To help teach the youth how important it is to give back to their community. Engage them in their community and allow them to reflect on their experiences, Identify community needs, plan a service project.

THE 4-H CHEF
Objectives: to encourage youth to learn the nutritional contributions in any foods area that is not already identified as a presentation category, to acquire skills in planning, purchasing, preparing and serving healthy foods in meals and snacks. Topics include: breads, cookies, etc.

OUTDOOR COOKERY CATEGORY’S: Youth in these categories should select an appropriate recipe and be prepared to cook the product in front of the judges on the day of the event. Participants are expected to supply their own grilling equipment. EACH PARTICIPANT IN THE 9-10, 11-12 CATGORY MUST HAVE AN ADULT ASSIGNED TO THEM. HOME COUNTY IS RESPONSIBLE FOR THIS.

BEEF CHAR-GRILL:
Youth prepare at least ¾ pound of beef using a charcoal or gas grill. Outdoor grilling skills, cooking principles of beef and knowledge of nutritional value are to be demonstrated.

PORK COOKERY:
Youth prepare at least ¾ pound of pork using a charcoal or gas grill. Outdoor grilling skills, cooking principles of pork and knowledge of nutritional value are to be demonstrated.

CHICKEN BARBECUE:
Youth prepare two 1 to 2 pound whole chicken halves using a charcoal grill. Outdoor grilling skills, cooking principles of chicken and knowledge of nutritional value are to be demonstrated.

TURKEY BARBECUE:
Youth prepare two 1/4 to 1 pound pieces of turkey breast filets or tenderloins using a charcoal grill. Outdoor grilling skills, cooking principles of turkey and knowledge of nutritional value are to be demonstrated.

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