



2023

4-H

**PRESENTATIONS
AT A GLANCE**



4-H PRESENTATIONS



4-H Competitive Guidelines

Age Requirement

The North Carolina 4-H Youth Development programs are open to young people aged 5 through 18 (Note: This is through their 18th year; if they are 19 years old on January 1, they cannot compete). 4-H age is determined by a young person's age on January 1 of the 4-H program year, which runs (January 1 to December 31). This is consistent with National 4-H competitive guidelines. 4-H participation should involve age-appropriate experiences designed for youth aged 5 to 7 (Cloverbuds) and youth aged 8 through 18.

Competition is only open to youth who are ages 8 as of Jan. 1 and not have passed their 18th birthday on Jan. 1 of the year they are competing. Check with your county for specific eligibility rules for all 4-H Competitions.

Membership Requirements

- **MUST be enrolled in 4-H through 4-H Online at <https://nc.4honline.com/>**
 - Read the 4-H Code of Conduct
 - Approval from 4-H Agent/County 4-H Office
 - Payment of entry fees if applicable

Age Categories

Cloverbud

Age Categories

North Carolina 4-H and NC State Extension has a no competition rules for 5-7 year old's. Best program management practices for youth ages 5-7 do not involve peer-to-peer competition. Peer-to-peer competition is defined as head to head absolute of youths 5-7.

Age Categories are listed below unless noted otherwise in specific competitions:

- 8-10, 11-12, 13-15, 16-18 – Project Records
- 13-15, 16-18 – Portfolios
- 8-10, 11-13, 14-18 – Presentation

Competition Year is January 2023 – December 2023



4-H Presentations At a Glance

Age Categories: 8-10, 11-13 & 14-18

Animal Science

Horse

Objective: To increase the level of horse knowledge and expertise.

Topics Include: horse selection, breeding systems, care of mare and foal, the importance of nutrients, quality of feed and hays, health, anatomy and function, determining lameness, management, training, design of farms or barns, equine age determination, how to measure a horse's height, how to break a young horse, horse sports, etc.

District Award if applicable: Medal **State Award if applicable:** \$25

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, breeding systems, care of mare and foal, the importance of nutrients, quality of feed and hays, health, anatomy and function, determining lameness, management, training, design of farms or barns, equine age determination, how to measure a horse's height, how to break a young horse, horse sports, etc.

District Award if applicable: Medal **State Award if applicable:** \$25

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, balancing rations, creep feeding, feedlot equipment, hay and silage for ruminants, management, animal growth curve, care of young, the use of growth hormones, proper milking procedures, steps to castration, herd health, control of parasites, foot care trimming, disease prevention and control, industry-specific issues, how to show livestock, how to judge animals, methods of marketing, grading stock, genetics & reproduction, breeding selection, handling, loading and hauling, economic value, promotion, etc.

District Award if applicable: \$75 **State Award if applicable:** \$50

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., obedience, care of pets during a hurricane or emergency, picking the right pet, breeds of an animal, animal health, prevention of parasites, animal uses, etc.

District Award if applicable: \$50 **State Award if applicable:** \$50



Poultry

Objective: To increase the level of knowledge & expertise in poultry science, poultry industry, poultry production, and poultry products.

Topics Include: embryology, backyard or commercial flocks, food safety in preparing poultry products, industry-specific issues, egg grading, poultry judging, avian anatomy, egg candling, showing chickens, etc.

District Award if applicable: Medal **State Award if applicable:** \$50

Citizenship & Civic Education

Citizenship/Community Service

Objective: To encourage youth to learn about the citizenship program, to learn to be better citizens, how they can support their community, country, and world, to become involved in their community through service activities, and to teach youth the importance of giving back to their community.

Topics Include: The Constitution, the three branches of government, how bills become laws, the rights & responsibilities of being a US citizen, good and bad citizenship, current laws discussed in congress, identifying a community need, planning a service project, a national need of service, etc.

District Award if applicable: \$50 **State Award if applicable:** \$75

Communication & Expressive Arts

Arts & Communication

Objective: To study and investigate the varied aspects of communications and expressive arts. Also, to provide a forum for youth to share information related to communications and expressive arts.

Topics Include: modern crafts, art, collections, hobbies, dance, sign language, creative writing, music, clowning, acting, video editing, songwriting, etc. **NOTE: This is a presentation category, not a performance opportunity.**

District Award if applicable: \$50 **State Award if applicable:** \$50

Digital Reality

Objective: Defined as a combination of real and virtual worlds, real-time interaction, and accurate 3D registration of virtual and real objects. It is also described as real-world connecting with technology. In this presentation, youth will showcase the enhance natural environments and present enriched experiences using digital technology.

Topics Include: Showing technologies or computer-generated that uses augmented reality, how AR is enhancing the world today, how AR is used on smartphones, how AR is used in the military, the pros and cons of online learning, what makes a great video game, video game design, virtual reality, etc.

District Award if applicable: \$50 **State Award if applicable:** \$75



Public Speaking

Objective: To develop an appropriate speaking presence and increase 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, volunteerism, being a positive role model, teen advocacy, etc.

District Award if applicable: \$50 **State Award if applicable:** \$75

Family & Consumer Sciences

Family & Consumer Sciences

Objective: To increase the level of knowledge regarding child and family relationships, parenting, family/home management, financial management, and consumer science.

Topics Include: Parenting, preparing and/or following a budget, stain removal, fabrics and selection of fabrics, tips for storing out-of-date clothing, the study of fibers, and clothing entrepreneurship. living space re-designs, room makeovers, home safety (radon, carbon monoxide, etc.), comparison shopping, energy conservation, waste management, the importance of recycling, creating an accessible home for those with a disability, etc.

District Award if applicable: 8-10 & 11-13 = \$50; 14-18 = \$100

State Award if applicable: 8-10 & 11-13 = \$25; 14-18 = Gold \$150, Silver \$75, Bronze \$25

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, dining dos and Don'ts, writing thank you notes, dressing for a social occasion, flag etiquette, meeting etiquette, banquet etiquette, etc.

District Award if applicable: \$100 **State Award if applicable:** \$100

Environmental Science

Entomology

Objective: To depict aspects of entomology as fun and illustrate the importance of insects to human health and well-being.

Topics Include: insect collecting, the life cycle of insects, beekeeping, insect pests, fire ants, ticks, and spiders, how to raise crickets, how insects fly, keeping your home roach free, etc. (Formerly called Bugs & Bees).

District Award if applicable: 8-10 = Medal; 11-13 & 14-18 = \$75 **State Award if applicable:** \$37.50



Environmental Science (Soil & Water)

Objective: To increase awareness of environmental problems, which involve soil, land, or water resources, and to recognize the importance of these resources to individuals and society today.

Topics Include: lake/river beautification, stormwater, landfills, estuaries, protecting the Outer Banks, erosion control, groundwater, flood control, recycling, water conservation projects, recycling dairy waste, soils for animal waste lagoons, composting of home gardens, problem soils and septic tanks, etc.

District Award if applicable: 8-10 & 11-13 = Medal; 14-18 = \$75

State Award if applicable: 11-13 & 14-18 = \$50

Fisheries & Aquatics

Objective: To engage youth in a deeper understanding of our aquatic environment and how to make wise decisions concerning aquatic resources.

Topics Include: aquaculture, marine life (fresh & salt water), fishing (commercial & recreational), marine environmental issues, (oil spills, beach litter, etc.), sea turtles, scuba diving, setting up an aquarium, whales, beach litter, crawfish aquaculture, pond management, habitat issues, etc.

District Award if applicable: 8-10 = Medal; 11-13 & 14-18 = \$75 **State Award if applicable:** \$50

Forestry & Wildlife

Objective: To learn basic information and skills involved in forest and wildlife management.

Topics Include: tree identification, reforestation, invasive species, wildlife habitat, endangered species, prescribed burning, North Carolina wildlife identification, backyard wildlife, wildlife rehabilitation, etc.
Guidelines on the web: <https://forestry.ces.ncsu.edu/4h/>

District Award if applicable: Medal **State Award if applicable:** \$50

Healthy Lifestyles

Agricultural Safety & Health

Objective: To encourage youth to explore the area of agromedicine, farm safety & health as well as to gain a greater understanding of the connection between mental/physical health and agricultural work.

Topics Include: first aid for pesticide exposure, best steps for hazard mapping, grain bin safety and rescue, managing farm stress, tractor rollover protections, how to build safe play areas on farms, field hygiene and hand-washing, respirator fit-testing, safe handling of livestock, zoonotic disease, PTSD Veteran farmers, how to read pesticide labels, needle stick prevention, farming ergonomics, and many more...

District Award if applicable: Gold - \$150

State Award if applicable: Gold - \$200; Silver - \$150, Bronze - \$100



Health/Fitness

Objective: To encourage youth to investigate and improve their health, and the health of their family and community.

Topics Include: weight management and diet, exercise, fitness plans, asthma, car seat safety, carbon monoxide poisoning, child abuse, dental hygiene, eating disorders, CPR training, Heimlich maneuver, gang violence, heart disease, immunizations, Down Syndrome, cancer and cancer screening, sports injuries, the benefits of recreational activity, karate, etc.

District Award if applicable: \$75 **State Award if applicable:** \$25

Foods & Nutrition

Objective: To learn the nutritional contributions in any food area that is not already identified as a presentation category, to acquire skills in planning, purchasing, preparing, and serving healthy foods, and basic in-depth nutrition.

Topics Include: bread, cookies, dairy, nutrition, major food groups, healthy eating, family recipes, pie making, etc.

District Award if applicable: \$75 **State Award if applicable:** \$75

Turkey Grilling

Objective: The contestant will prepare and cook turkey patties using ground turkey (as is 85-90% lean) provided by the contest monitors. At least 75% by weight of the burger ingredients must consist of the ground turkey. Only the patties are submitted, and no other hamburger toppings may be included. Contestants must use a charcoal grill, and learn outdoor grilling skills, cooking principles of poultry and knowledge of nutritional values are to be demonstrated. **Oral Presentation is required for the 14-18 Age Category.**

<https://national4hpoultry.ca.uky.edu/content/turkey-barbecue>

District Award: Medal **State Award:** Medal & trip to National 4-H Turkey Barbecue Contest (Gold)

Chicken Grilling

Objective: Each contestant will prepare four (4) bone-in, skin-on chicken thighs (1.5-2.0 lb. total) using a charcoal grill, and learning outdoor grilling skills, cooking principles of poultry, and knowledge of nutritional values are to be demonstrated. **Oral Presentation is required for the 14-18 Age Category.**

<https://national4hpoultry.ca.uky.edu/content/chicken-barbecue>

District Award: Medal **State Award:** Medal & trip to National 4-H Chicken Barbecue Contest (Gold)

Beef Char Grilling

Objective: Prepare at least $\frac{3}{4}$ -pound of beef using charcoal OR gas grill, and learn outdoor grilling skills, cooking principles of beef, and knowledge of nutritional value are to be demonstrated.

District Award: \$50 **State Award:** \$75



Pork Char Grilling

Objective: Prepare at least $\frac{3}{4}$ -pound of pork using charcoal OR gas grill, and learn outdoor grilling skills, cooking principles of pork, and knowledge of nutritional value are to be demonstrated.

District Award: \$50 **State Award:** \$75

Seafood Grilling

Objective: Prepare a recipe that must contain no more than 750 calories per serving (serving size 3-4 oz.). Participants will learn outdoor grilling skills, cooking principles of seafood, and knowledge of nutritional value are to be demonstrated.

District Award: \$50 **State Award:** \$75

Safety

Objective: To encourage and promote safe living in the home and the community.

Topics Include: first aid, CPR, home fire safety plans, child identification safety, Amber Alerts, farm safety, school bus safety, babysitting safety tips, etc.

District Award if applicable: Medal **State Award if applicable:** \$25

Fruits & Vegetable Use

Objective: To learn the nutritional contributions of fruits and vegetables and acquire skills in planning, purchasing, using freshly picked fruits and vegetables, in preparing and serving fruits and vegetables in meals and snacks.

Topics Include: fruits and vegetables in your diet, the importance of fiber in your diet, vitamin A, fruit salads, fun with vegetables, etc.

District Award if applicable: \$75 **State Award if applicable:** \$100

Egg Chef Challenge (Egg Cookery)

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

<https://national4hpoultry.ca.uky.edu/content/egg-preparation-demonstration>

Topics Include: Creating a prepared dish, meeting the minimum egg service size requirement, information on the nutritional value, quality, and versatility of eggs, steps involved in the preparation of the dish, and a finished dish ready for sampling.

District Award if applicable: \$75 **State Award if applicable:** \$50



Peanut Foods

Objective: To learn the nutritional contributions of peanuts and acquire skills in planning, purchasing, preparing, and serving peanuts in meals and snacks. Recipes presented must contain at least 1/8 cup (2 tablespoons) of peanuts, peanut butter, or flavored peanut pieces per serving.

Topics Include: peanut dishes, peanuts adding protein to meals, combining peanuts and grains in main dishes, peanuts and salads together, etc.

District Award if applicable: \$75 **State Award if applicable:** \$100

Dairy Foods

Objective: To acquire skills in planning, purchasing, and serving dairy foods in meals and snacks, to learn scientific principles related to the safe care and handling of dairy foods, how dairy foods help meet the calcium and protein requirements of normal nutrition, develop an appreciation of the nutritional value of dairy foods.

8-10 & 11-13: Mastery of preparation steps of product chosen to represent a healthy choice of dairy foods

14-18: Present a creative, knowledge-based presentation. Food preparation skills **are not** an emphasis. Each presentation should be knowledge-based with little or no focus on food preparation skills.

Rules & Regulations:

<https://nc4h.ces.ncsu.edu/youth-3/4-h-awards-incentives-programs-2/presentations/presentation-guidelines-dairy-foods/>

District Award if applicable: Medal **State Award if applicable:** \$50

Personal Development

Open Class

Objective: To provide opportunities for youth to present unique subjects that are broader than the established subject categories.

Topics Include: how to play chess, cake decorating, studying your family tree, flying a kite, the great pyramids, how to pack for a trip, setting a beautiful table, etc.

District Award if applicable: Medal **State Award if applicable:** \$25

Careers & Entrepreneurship

Objective: To encourage youth to investigate careers in which they are interested 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 a park ranger does, a 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, learning interview skills, etc.

District Award if applicable: \$50 **State Award if applicable:** \$50



Plant Science

Horticulture Science

Objective: To learn how to gather information related to fruits, vegetables, ornamental plants, and landscape design for the purposes of increasing food security and food safety, sustaining the environment, and enhancing economy vitality.

Topics Include: determine strategies for selling organic flowers at a farmer's market, growing the flowers for the farmer's market and selling them, collecting and propagating seeds of native wildflowers in your area, tour a tissue culture lab and learning about micropropagation, making a secret garden hideaway, build a self-sufficient treehouse with hydroponic containers, create an edible landscape for your school, evaluate the best beans for a teepee, design edible place favors, create a corsage for your favorite person using herbs, make a wreath using all-natural materials, and build a fairy crown using leaves from your favorite plant, etc.

District Award if applicable: \$100 **State Award if applicable:** \$100

Science & Technology

Agriculture Science (Crops)

Objective: To explore the production and utilization of agronomic crops and learn new technologies and developments in crop production/utilization.

Topics Include: alternative crops, pest management, biotechnology in crop production, no-till crop production, crop issues surrounding peanut, cotton, tobacco, etc.

District Award if applicable: 8-10 = Medal; 11-13 & 14-18 = \$75 **State Award if applicable:** \$50

Wheels & Engines

Objective: To learn basic information and skills needed to purchase, operate and maintain a bicycle, skateboard, automobile, motorcycle, ATV, tractor, and small engine equipment.

Topics Include: road rules, types of bikes, skateboards, maintenance, repair, recreational activities, car selection, repair, maintenance and performance racing, etc.

District Award if applicable: Medal **State Award if applicable:** \$50

Science & Technology

Objective: To encourage study and investigation in all aspects of science and technology.

Topics Include: DNA, genetics, science fair competitions, chemistry, physics, geology, biotechnology, aerospace, rocketry, computer science, the science of volcanoes, hurricanes, etc.

District Award if applicable: \$75 **State Award if applicable:** \$50



Electric

Objective: To demonstrate 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.

District Award if applicable: \$75 **State Award if applicable:** \$50

Please note that all awards are contingent upon funding.



Presentation Rules & Regulations

Age Divisions: 8-10, 11-13 & 14-18

Each county may enter two participants per age division per category for District Competition. District GOLD winners in all age categories are eligible to compete in State Presentation Finals. The 11-13 and 14-18 age category SILVER winners are eligible to compete as well.

1. Age eligibility is established on January 1, 2023. To participate in 2023, the 4-H member must be 8 years old on January 1, 2023, and not have had his/her 19th birthday before January 1, 2023.
2. The same presentation may be repeated from one year to the next (exception: see #15). However, the individual's personal development will be greater if the presentation is revised and improved.
3. Time Requirements: For all general presentation categories, the following time requirements are expected: a minimum of 5 minutes and a maximum of 12 minutes. Judges will use their discretion in ranking presentation length. Exceptions are as follows: Public Speaking (5-7 minutes); All Horse Categories (see #4); Chicken Barbecue (2 hours); Turkey Barbecue (2 hours); Pork Cookery (2 hours); Beef Char-Grill (2 hours). Turning baskets or cooking baskets are not permitted during Chicken and Turkey BBQ.
4. Horse Category Time Requirements: Horse, Individual 8-10, 11-13: 4-12 minutes; Horse, Individual 14-18: 9-12 minutes; Horse, Team 8-10, 11-13: 5-15 minutes; Horse, Team 14-18: 10-15 minutes; Horse Public Speaking 8-10, 11-13: 4-10 minutes; Horse Public Speaking, 14-18: 8-10 minutes. One point is deducted per judge for each minute under or overtime limits.
5. Youth competing in presentations compete against their room's competition, not a standardized norm.
6. Each county may enter two participants in each age division in each category.
7. 4-H'ers may compete in no more than one presentation program per year. The "Talent Showcase" (4-H Entertains) is not considered a presentation program.
8. Horticulture Science, Fruit & Vegetable, Egg Chef Challenge (Egg Cookery), and Peanut Foods categories must be a "demonstration". Monetary awards will be given to these category gold winners.
9. Presentation Awards: A participation ribbon is given to each district participant at District Activity Day. A medal is presented to the gold, silver and bronze winners. One presentation in each category will be designated the district winner. The district gold winner in all age categories will be eligible to compete on the state level. EXCEPTION: Talent Showcase/4-H Entertains awards blue ribbons and participation ribbons. Those will be invitation only.
10. The decision of the judges in each category is final.
11. All awards monies on the District level will be distributed to the county 4-H program in late fall and will be given to the youth by the county 4-H program.
12. In order to receive the district awards, the gold winner must attend state 4-H presentation finals to compete.
13. Ages 8-10, 11-13 and 14-18 district silver presentation winners are invited to participate in the state contest at their expense.
14. 4-H members may continue to compete in a presentation category/division until declared a state gold winner. When the member reaches another age division, he/she may again participate in the same category.
15. A team is composed of two individuals except in 4-H Entertains, which has no limit. If team members are not in the same age division, they must compete in the older division. CloverBuds are not able to participate in 4-H Entertains.
16. No live animals may be used in any presentation. Firearms and/or weapons or anything resembling these are not allowed during any presentation.
17. Donor contacts and addresses can be obtained through the North Carolina 4-H Development Office.
18. 4-H members age 14-18 will be asked to present a knowledge-based presentation. There should be no food preparation presented during the presentation; thus, no tasting by judges.



19. Presenters are not required to say “the question has been asked” and then repeat the question.
20. 4-H Entertains is for amateur performers only. Any 4-H members or groups who perform for pay are not eligible.
21. Chicken and Turkey Char-Grill 14-18 Age Categories are required to do an oral presentation. See specific category descriptions above for more information. The meat will be provided for state level competition for these categories provided funding is available.
22. Please avoid promoting any “brand” items in your presentations. If you use specific brands especially in your foods presentations, just cover up the name labels.
23. Costumes or appropriate clothing can be worn in your presentations. All clothing must meet the 4-H Guidelines and must be 4-H appropriate.
24. 4-H Presentations **MUST BE** presented in person and cannot be pre-recorded except for **VERY SHORT** inserts to demonstrate something that can't be shown during the presentation, unless you are competing in a pre-recorded category. (ie. serving a volleyball; a robot driving over a course).

** For specific suggestions on the use of visuals, see the Presentation Handbook.

2023 4-H Presentation (District Activity Day) Dates

District Presentation Competition

Presentation in all categories will be held face to face observing the Governor’s Rules and Regulations at the time of the event. Outdoor Cookery Competitions will be held Face to Face.

- **June 15 - NE - Washington County**
- **June 16 - SE - Lenoir County - Host - Brunswick, Pender and New Hanover**
- **June 16 - W - Rutherford County**
- **June 17 - SC - Rowan County**
- **June 24 - NC - Chatham County**

District Activity Day State Registration Deadline is May 26th for all DAD participants. Counties will set their own deadline. There will be no exception to the May 26th due date.

State Presentation Finals

Presentation in all categories will be held face to face at the current time. We will follow COVID Guidelines as established by NC State and the Governor of North Carolina at the time of the event. We will notify every one of those guidelines prior to the event.

- **State Presentation Finals Registration Deadline is June 28, 2023 - NOON**
- **State Presentation Finals Date – July 22, 2023.**

For awards traditionally funded by endowments, the payment of the award in 2023 will be dependent upon the availability of investment income.



Subject Matter Competitions and Events

For a list of other competitions, please look on the subject matter specialist pages listed below.

Shooting Sports - <https://nc4h.ces.ncsu.edu/youth-3/nc-4-h-shooting-sports-program/>

Horse – Equine Husbandry - <https://equinehusbandry.ces.ncsu.edu/equinehusbandry-nc-4-h-horse-program/>

Poultry 4-H Program - <https://poultry4hyouth.ces.ncsu.edu/>

Youth Livestock Program - <https://youthlivestock.ces.ncsu.edu/>

4-H Electric Program - <https://nc4h.ces.ncsu.edu/electric/>

Horticultural and Entomology 4-H Programs - <https://growforit.ces.ncsu.edu/>

Calendar of Events

The NC 4-H Calendar of Events can be found by going to: nc4h.org, click on 4-H Calendar from the menu.

NC 4-H Opportunities

Click below to see a list of North Carolina 4-H Opportunities.

<https://nc4h.ces.ncsu.edu/youth-3/4-h-teen-programs/>

- Scroll down to the document – NC 4-H Opportunities



Questions?

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