



# Chariton County Achievement Day Registration Form

Pre-registration will be helpful in securing judges and preparing paperwork.

**Wednesday, July 1, 2009**  
**Chariton County Courthouse**  
**6:00 p.m.**

The Public Speaking Contest and Demonstration Contests will be held at this time. Any 4-H member may give a demonstration or an illustrated talk. An entry may be either individual or team. Members must be enrolled in the project in which they give the demonstration unless the contest specifies otherwise. Maximum length of time allowed for individual demonstrations is 10 minutes; team demonstrations are 15 minutes. Awards will be Blue, Red or White ribbons according to merit. Premiums will be paid.

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**Please return this portion to the**  
**Chariton County Extension Center – 306 S Cherry, Keytesville MO 65261**  
**by June 12, 2009**

Name \_\_\_\_\_

Address \_\_\_\_\_

Club \_\_\_\_\_ Age as of 1/1/09 \_\_\_\_\_

## I plan to participate in the following area(s):

### Public Speaking

Any 4-H member may enter the Public Speaking Contest. They do not have to be enrolled in the Public Speaking Project. The age division and time limitation shall be:

14 & over	5-7 minutes
11 to 13	3-5 minutes
8 to 10	2 minutes

The top two scored 14 and over (seniors) and the top two scores 13 and under (junior) will be eligible to attend the State Public Speaking Contest.

### Electric Theatre Demonstration

4-H members of any age may demonstrate in the Electric Theatre. All demonstrations must use electricity.

### General Demonstration

Demonstrations and illustrated talks may be on any topic or project area. (State Fair guidelines say that General Demonstrations should not exceed 10 minutes in length.)

### Working Demonstration

Demonstrations may be on any topic or project. In a working demonstration, the 4-H member works continuously on an item, or shows a particular skill. A poster giving the topic of the demonstration and the 4-H member's name can be displayed on the demonstration table.

### Specialty Ham Curing Contest

Team demonstrations will be allowed. Demonstrations should not be less than 3 minutes in length. Members are required to be enrolled in a cured hams project. The demonstrations must include use of a ham; give background information, and preparation information. The demonstration will also be judged for use of visual aids, presentation and speaking ability.

### Egg Contest

- Demonstrate the preparation of an egg dish and present information showing knowledge of eggs, nutritional value, preparation, storage, function, grading-sizing, versatility, and economics of cooking with eggs.
- Present a finished product for judges' sampling, and a recipe handout for the judges.
- Demonstration is to be more than 12 minutes in duration.
- No team demonstrations.
- Recipe must contain one whole egg per serving if classified as a salad or main dish, 1/2 egg per serving if an appetizer, snack, dessert or beverage.

### Pork Contest

Members must be enrolled in Foods or Swine project. Demonstration may be on any facet of pork, including food, nutrition, production practices, or by-products. (Animals may not be used). Demonstration topics should be challenging and exhibit contestant's knowledge as well as presentation skills. At the state level, first-place winners may not enter the following year, unless they are eligible to complete in a different age category. Team

demonstrations, by teams of no more than two, are allowed only in the 8-10 year division.

### **International Foods Contest**

Demonstrations should be 7-10 minutes in length. Demonstrations must include nutrition information and something about the people who serve this food. A copy of the recipe and a sample of the food should be given to the judges. Winners from the previous year may compete again.

### **Agri-Missouri Foods Contest**

Demonstrations should be 7-10 minutes in length. No team demonstrations allowed. Members do not have to be enrolled in any specific project. The demonstration must use a food product produced by a Missouri company or producers, give background information on the company or producer, and provide nutrition and preparation information. The demonstration will also be judged for presentation and speaking ability. A copy of the recipe and a sample of the food should be given to the judges.

### **Lamb Meat Cooking Contest**

Members must be enrolled in sheep or cooking project. Entries must use lamb meat, give background information, provide nutritional and preparation information. A copy of the recipe and a sample of the food should be given to the judges.

### **Sheep Contest (Non-Cooking Contest)**

Members do not have to be enrolled in any specific project. Entries may be on any facet of sheep, including food, nutrition, production practices, or by-products. (Animals may not be used). Contest topics should be challenging and exhibit contestant's knowledge as well as presentation skills.

### **Soyfoods Contest**

No team demonstrations are allowed. Demonstrators can prepare any recipe that contains soyfoods. (Winning recipes from the previous year's contest may not be used). Demonstrations should be at least 5 minutes in length, but no longer than 20 minutes. Examples of allowed soyfoods and minimums that recipe must utilize are as follows:

Soy Oil.....	.....1/2 cup	Tofu .....	.....1/2 cup
Whole Soybeans..	1/2 cup	Roasted Soy Nuts....	1/2 cup
(green or dried) ..		Soy Margarine .....	1/2 cup
Soy Flour ....	.....1/3 cup	Soy Milk .....	.....1/2 cup
Soy Grits.....	.....1/4 cup	Soy Sauce* ....	.....3 Tsp
Soy Nut Butter ....	1/4 cup		

(\*only if used with another soyfood)

Demonstrators will be judged on the contestant's knowledge of soyfoods (use in recipes and benefits of used soyfoods) and presentation skills. Also exhibiting general knowledge of soybean production in Missouri would be beneficial. Copies of the recipe used in the demonstration and a sample of the finished product should be given to the judges.

### **PowerPoint Event**

Junior (13 & Under) and Senior (14 & over) divisions will be offered. May be individual or team presentation. Team demonstrations are limited to a maximum of 3 on a team. The presentations should be an informative speech, 5 – 7 minutes long and the topic is unrestricted. The speech presentation file must fit unpacked on a 3.5 diskette or a CD you have made. Presentations will be evaluated based on delivery of message, message content, visual presentation and the overall effectiveness of the presentation.

## **Beef Cooking Demonstration Contest**

### **Rules:**

- ◆ One entry in each division per county can compete in the State Contest (Ages 14 & under / Ages 15 & over).
- ◆ No team demonstrations are permitted.
- ◆ Demonstrators should prepare a recipe that includes beef (can be fresh meat or a fully cooked, heat & serve product). Recipes can include, but are not limited to, entrees, appetizers, salads or side dishes. If the dish has more than one protein source, beef must be the prominent (more than 50%) protein.
- ◆ Beef can be purchased or home-raised fresh beef or a heat & serve product available in local stores or online.
- ◆ A copy of the recipe should be given to each judge, and included in state registration for county winners. Recipe should include name of dish, list of ingredients and measurements and clear, concise instructions for preparation of recipe. It should also include preparation and cooking time, serving size and servings per recipe.
- ◆ At the state level, winners may not enter the following year, unless they are eligible to compete in a different age category.
- ◆ Contestants should furnish their own ingredients and equipment if not otherwise stated.
- ◆ At the state competition, students will have up to 20 minutes to prepare for the presentation and 15 minutes to clean up after the demonstration. Pre-packaged foods may be used; as long as they are readily available for purchase. (i.e. tomato paste, shredded cheese, etc.)
- ◆ No teams are permitted; and the presenter must do all prep work on their own; with the exception of carrying / lifting if needed.
- ◆ Competitors will be judged on presentation skills, beef knowledge, recipe appearance and taste, and food safety.
- ◆ Cooking Demonstration should last between 7-10 minutes; and samples should be served to the judges. 2 point deduction per minute over/under time will be deducted. Contestants will not be allowed to finish after 15 minutes. After the presentation, 5 minutes will be allotted for questions from the judges.
- ◆ Each participant at the state competition will receive a participation prize. The State competition will award \$100/ \$75 / \$50 to first, second and third place, respectively. The contest and prizes are funded through the \$1 per head beef checkoff program.
- ◆ A beef information packet is available by contacting the Missouri Beef Industry Council at [www.mobeeff.org](http://www.mobeeff.org) , [beefinfo@mobeeff.com](mailto:beefinfo@mobeeff.com) , or 1-800-441-6242.