



# 4-H STATE CONTESTS



For more information, guidelines, and awards for these contests, go to <http://utah4-h.org> or visit your County Extension Office.

**4-H Demonstrations** - Demonstration dealing with one of the three mission mandates - 1) Science, Engineering and Technology, 2) Healthy Living Education, or 3) Citizenship. Presentations should not exceed 20 min. (May win in all 3 areas)

**\*4-H Public Speaking** - Contestants give a 6-8 minute original speech specifically related to participant's 4-H experience.

**Chef Extraordinaire** - An individual or team of two prepare and serve a meal for 4 guests and a judge within a three hour time limit.

**Congress Interviews** - Participants prepare their 4-H Portfolio and submit it to the State 4-H Office by February 15. The portfolios are then judged and the top individuals will be invited for an interview at State 4-H Contests.

**\*Consumer Bowl** - Participants work as a team to answer various from all sections of family consumer sciences - foods & nutrition, clothing & textiles, financial management, consumer decision making, and child care.

**\*Fashion Consumer Strategies** - Select and model an outfit for a set of judges, sharing decisions made in the selection of the outfit. They also demonstrate decision making skills in selecting the most suitable of three outfits.

**\*Fashion Revue** - Contestants are judged on clothing construction; modeling, fit, confidence and poise; and how well they respond in an interview during the modeling portion. There are two categories - beginning and advanced.

**Favorite Foods** - Participants are judged on selection, knowledge and presentation of a favorite food.

**Healthy Cuisine** - An individual or team of two prepare and serve a quick, nutritious meal in one hour.

**\*Horse Bowl** - Participants work as a team to answer various horse science oriented questions.

**\*Horse Demonstrations** - Demonstrations of skills or methods learned in any area in the 4-H Horse Project. Presentations should not exceed 20 minutes in length. May compete as team of two or as an individual.

**\*Horse Judging** - Participants evaluate horses. Individual scores will be added to comprise a team score.



**\*Horse Public Speaking** - A seven to ten minute original talk on any appropriate topic related to the horse industry.

**\*Impromptu Public Speaking** - Contestants will give a 3-5 minute speech on a randomly selected topic.

**\*Livestock Bowl** - Participants work as a team to answer various livestock oriented questions.

**\*Livestock Judging** - Participants evaluate livestock: Beef (market and breeding), Sheep and Swine. Individual scores will be added to comprise a team score.

**\*Quilting Demo** - Contestants will construct a quilt and demonstrate a skill or method used in the construction of the quilt. Contestants will be judged on quilt construction and the demonstration.



**Shooting Sports** - Each participant may compete in three shooting activities, an outdoor skills test, and complete a written test. The three shooting activities include: archery, rifle, and shotgun.

**Talent** - All performances need to be under five minutes since the major focus of the State 4-H Talent Show is entertainment. Categories include: Dance, piano, variety, vocal and instrumental.

**World of Work** - Contestants submit a resume and job application and then interview with human resource professionals.

## TRACKS

**Foods Challenge** - A three hour track with a fun challenge for those involved in foods.

**GPS** - Individuals participate in four GPS activities: Area Calculation and Mapping, Waypoint Marking and Navigation, Distance Calculation, and knowledge-based interviews.

**Project Funway** - A 3 hour track with a fun challenge for those interested in sewing.

**Robotics** - A team consisting of 2 people test their robot programming skills by designing and programming Lego Mindstorm Robotics Kits to complete different challenges.

**Video Production** - Contestants develop a music video using their choice of music and video production techniques including, but not limited to, video footage, still photography, computer animations or a combination of techniques.

**\*State Contests Winners also win the right to compete in a National Contest.**