

4-H DEMONSTRATIONS

CONTEST CATEGORIES:

1) FCS

- Consumer & Family Science (ie Child Care, Home Environment, Consumer Ed)
- Healthy Lifestyle Education (Food Preservation, Cake Decorating, etc)
- Demos involving Food Preparation should be entered under Favorite Foods

2) Ag

- Animals (all except Horse)
- Plants (ie Gardening, Horticulture, etc)

3) Science – include but are not limited to:

- Technology and Engineering (ie Rocketry, Computers, Robotics, etc)

4) Other – include but are not limited to:

- Citizenship and Civic Education (ie Global Education, Community Service, etc)
- Communications & Expressive Arts (ie Crafts, Performing Arts, Photography, etc)
- Environmental Education (ie Shooting Sports, Outdoor Education, Water, etc)
- Health (ie First Aid, CPR, Healthy Living, etc)
- Personal Safety (ie ATV Safety, Emergency Preparedness, etc)
- Personal Development (ie Leadership, Career Exploration, Hobbies, etc)

Entries: May enter as individuals or teams of two. No contestant will be allowed to enter the same presentation in more than one contest category. Contestants may only win once in each category, after that they must enter a different category.

State Awards: First Place individual or team in each category will receive the choice of \$50 towards future 4-H event, a State 4-H Contests Jacket, or registration for “State Contests Winners” Retreat.

Sponsor: Utah 4-H

National Awards: FCS presentations are eligible to attend the National Competition in Denver. There are no national competitions in the other categories.

Special Information:

Presentations should not exceed 20 minutes in length. This includes 10-15 minutes for the presentation, and 5 minutes for set up and take down. Time for responding to questions is not included in presentation length. All demonstrations must be adapted to be done indoors. No outdoor demonstrations will qualify.

Please list subject matter or title on registration form. At State Contests, we will provide tables, stove (before the demo, not during), refrigerator, screen, and easels. Demonstrators will furnish any other needed equipment. Please check with your

local 4-H Office for information about equipment provided for the county contest. Competitors should notify their agents of their needs well in advance of the time for them to make their presentation.

Helpful Tips for Giving a Demonstration

Giving a 4-H project demonstration can be fun! In a demonstration, you show and tell about a fact, idea, or process. You've probably given demonstrations in the past but didn't know it. When you have learned how to do something in your 4-H project and then showed another club member, you gave a demonstration.

There are a few things to remember in order to make your demonstration fun. First select a topic that you enjoy, and start out by outlining the key points. Once you've got the key points written down, and determined what you want to accomplish, practice giving your demonstration, as this will prepare you to give the real thing. You might also think of the possible questions that will be asked of you in advance, so that you'll be prepared to answer them.

Here are some guidelines that will help make this process fun and easy to do.

I. Select a topic you like -

Your demonstration should be something that:

- You can be enthusiastic while speaking about
- You are interested in
- Is chosen to interest your audience
- Is not too hard for you
- Is one idea that can be shown and told in a 10-15 minute time frame

II. Outline the Key Points

List the main ideas or key points you want to be part of the demonstration, then decide:

- The order in which to present the key points,
- How to demonstrate the key points, and
- The equipment needed for each key point.

It is important for a demonstration to have a beginning and an ending, the beginning being the introduction, and the ending being the summary. Use your introduction to introduce yourself to your audience and then describe what you plan to do. To conclude your demonstration effectively, prepare a summary which you can use to tie together the key points that you have demonstrated.

Using Posters or PowerPoint can help you to present a demonstration, as well as to help you remember what to say to your audience. You can use one poster as a title poster, and use other posters to help explain your main points, and a final one to help you summarize.

Suggestions for Posters or PowerPoint slides

1. Tell the title of a demonstration

2. Give key information such as a technique, or a recipe, or the steps involved in the process you are demonstrating.
3. Summarize key points
4. Show things that are not used in demonstrations, such as the parts of a tractor

It will be helpful to double check your Posters and PowerPoints on these key things: legibility and correct spelling, it is attractive and neat, and that it has one main idea.

Suggestions for showing the audience a Step by Step process

If this is a quilting demonstration, an effective way of showing each step thoroughly (whether you actually do it or just explain how it is done) is by using visual examples to demonstrate techniques. For example, to demonstrate traditional piecing, non-traditional piecing, or an appliqué process, have samples of each stage of the progression involved that are needed to create a final product. Having the steps completed in the different stages will allow you to effectively communicate the skill and show how to move from one step to the next.

III. Practice

Use your demonstration outline as a guide for practice. You will want to:

- Speak clearly
- Keep it simple so the audience doesn't get discouraged
- Remember you are trying to teach the audience a skill
- Make sure the audience can see exactly what you are doing
- Have everything measured, cut, set out, and ready to use
- Keep working area clear of objects that may interfere with viewing
- Have additional facts to use during quiet time
- Make sure to have a finished product to show judges and audience can see
- Summarize the steps
- Ask for questions
- Practice, Practice, Practice

Other Resources:

<http://extension.usu.edu/htm/publications/publication=9278> (Foods Demo)

<http://extension.usu.edu/htm/publications/publication=9279> (Visual Aids for Demos)