



# 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 in one of the following four areas: 1) Consumer & Family Science, 2) Agriculture (minus Horse), 3) Science, or 4) Other. Presentations should not exceed 20 min. (May win in all 4 areas)

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

**\*4-H Sewing & Fashion Contest** - Contestants will be judged on construction, personal presentation, & interview responses. The contestant may choose to display or model the article they have sewn.

**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.

**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.

**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.

**Video Production** - Contestants are to develop short film using their choice of music and video production techniques while at State Contests. The contestants will have 24 hours to create a short film using a unique film element announced the first day.

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

## TRACKS

**4-H ReDesign** - Let the designer in you go wild in this 3 hour track! No sewing involved to create these outfits using redesign techniques!

**Cookin' Up Fun** - Let the Chef in you go wild! No previous cooking experience necessary. Kick it up a notch with a local Chef in this three hour culinary journey.

**Science Palooza**

**Natural Resource CSI**

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

