

COMMUNICATION & EXPRESSIVE ARTS

PUBLIC SPEAKING

The Public Speaking Program gives the 4-H member an opportunity to speak before a group. By participating in the 4-H Public Speaking Program 4-H members will develop skills for communicating about real issues to real audiences, learn how to organize and prepare a speech, learn speech delivery skills, learn how to present themselves to others, and develop self-confidence. A speech is an individual event only. The handout, *A Guide To Making Great 4-H Speeches*, is available on how to develop speeches.

TROPHIES will be awarded to the winner in each division.

SPEECH CRITERIA:

- Ages are as of January 1 of the current year.
- Junior, Intermediate and Senior presenters must have an original speech and include 4-H as the major component of the speech.
- 4-H members may not use an old speech written by a sibling, other 4-H member, or anyone else.
- Acknowledge your source of information. For example, an article from a magazine may be used for reference but should not be quoted directly unless you tell the audience your source.
- Note cards are acceptable if used properly at the county level - speeches should not be read.
- Use of visual aids and props are not allowed.
- Dress appropriately. Do not wear costumes or special effect clothing.

CLASSES (Denotes NOT State Fair Eligible)** Ages are as of January 1 of the current year.

PREMIUMS: Purple, \$4.00; Blue, \$3.00; Red, \$2.00; and White, \$1.00

- **B100901 Junior Division: Age 8-9; Length of Speech: 1-3 minutes; Original speech with 4-H as the major component.
- B100902 Intermediate Division: Age 10-13; Length of Speech: 3-5 minutes; Original speech with 4-H as the major component.
- B100903 Senior Division: Age 14-18; Length of Speech: 5-8 minutes; Original speech with 4-H as the major component.

PUBLIC SERVICE ANNOUNCEMENT

The Radio Public Service Announce (PSA) contest challenges youth to write and record a 60-second promotional audio recording focused on a yearly theme that could be played on the radio to promote the work of Nebraska 4-H. A Public Service Announcement is an individual event only. Youth are judged on their overall organization and delivery of the PSA. The handout, *How to Prepare a 4-H Radio Public Service Announcement*, is available on how to develop a PSA.

PUBLIC SERVICE ANNOUNCEMENT (PSA) CRITERIA:

- All radio PSA's must be created and presented by the 4-Her to promote 4-H and be general enough so the PSA could be used anywhere in Nebraska at any time of the year.
- **All PSA's will use the state theme as the basis for their PSA. The 2023 PSA theme is "Discover Your Spark in Nebraska 4-H".**
- Sound effects and public domain music may be used. Copyrighted material may not be used.
- All 4-H PSA's must include the following tag line within the last ten seconds of the PSA: "**Learn more about the Nebraska Extension 4-H Youth Development Program at 4h.unl.edu.**" The tag line is included in the 60 second time limit.
- **Radio PSA's will be submitted electronically prior to the contest or at the contest and must be 60 seconds in length.** (Please use .wav or .mp3 audio formats when recording your PSA.)
- All PSA's must be the original work of the presenter. Contestants may not use PSA's written and provided by the state or national staff.
- Four-Hers may participate in both a Speech and a PSA Division in the contest.
- **TROPHIES** will be awarded to the winner in each division.
- No team PSA's are allowed.

CLASSES (Denotes NOT State Fair Eligible)** Ages are as of January 1 of the current year

PREMIUMS: Purple, \$4.00; Blue, \$3.00; Red, \$2.00; and White, \$1.00

**B110901 Junior Division: Age 8-9; 60 seconds

B110902 Intermediate Division: Age 10-13; 60 seconds

B110903 Senior Division: Age 14-18; 60 seconds

FOOD REVUE CONTEST

The 4-H Food Revue Contest is open to all 4-H members ages 8-18 on January 1 of the current year.

Participants need not be enrolled in a specific project to exhibit. By participating in the Food Revue, the 4-H'er learns how to:

- Properly set a table
- Plan nutritious meals
- Express originality and creativity in choosing a theme
- Express knowledge of food, nutrition and food safety

WHAT DO I NEED TO PARTICIPATE?

- First, pick out a **Theme** for your display (holiday, birthday, anniversary, season, family dinner, etc.).
- Second, plan a **Menu** to go along with your theme. Put your menu for the meal featuring the food item on an 8 ½ x 11" poster. The menu should be well balanced nutritionally. Try to include a variety in color, shape, texture, temperature and method of preparation in your meal.
- Third, select and prepare a favorite **Food** from your menu to go along with your display theme. Bring the food plus the recipe on an 8 ½ x 11" poster.
- Fourth, plan a **Table Setting** for the menu you have selected. Bring along a table setting for 1 person. Include table covering appropriate for the occasion (i.e. tablecloth, placemats), centerpiece (appropriate with the theme), dishes, glassware, silverware, napkins etc.

JUDGING AND INTERVIEW: During the judging, you present your table and food to the judge. Each participant will be interviewed by the judge. The judge may ask you questions concerning why you chose this particular theme, choice of menu, food preparation, food handling, nutritional information, etc. You should also demonstrate an understanding of table setting techniques. You should be able to describe the ingredients & preparation required for all menu items, as well as food safety. The judge may taste your food.

If your recipe lends itself to be shared, we encourage you to participate in the public sample line following the contest. Contestants share sample sized portions of their food for others to try and answer questions about their exhibit. Please think out how you will serve your samples, small plates and napkins will be provided for those tasting.

Participants are encouraged to display their table at the fair. The table must be set up during entry day, Wednesday from 4-8 p.m., and can be taken down on Sunday during release of exhibits.

Food Revue and Cook-Off dishes must be different dishes.

TROPHIES will be awarded to the winner in each division.

CLASSES (Denotes NOT State Fair Eligible)**

PREMIUMS: Purple, \$5.00; Blue, \$4.00; Red, \$3.00; White, \$2.00

**B120901 Novice Division: Age 8-10 on December 31 of previous year

**B120902 Junior Division: Age 11-13 on December 31 of previous year

**B120903 Senior Division: Age 14 & over on December 31 of previous year

COOK-OFF CONTEST

This contest is open to all 4-H members ages 8-18 as of January 1 of the current year. The contest is divided into three age divisions: Novice, Junior, and Senior. Each entry must include at least one (1) pound of beef, pork, or poultry per four servings. (Example: recipe serving 6 people must have 1 ½ pounds of beef, pork or poultry.)

Contestants will prepare their exhibit at home and bring it ready to serve. Think about the eye appeal of the entire recipe and **bring the entire recipe, menu and a plate to serve sample to the judge.**

Food Revue and Cook-Off dishes must be different dishes.

Exhibits should come from one of the following areas:

- **Main Dish Entree** (meat only seasoned with spices or sauces)
- **Casserole Dish Entree** (dish made with meat and vegetables, potatoes, pasta, sauces or any combination of those listed)
- **Cold Dish** (example: sandwiches, salads, etc.)
- **Entree Cooked on Open Grill** (gas or charcoal)

Exhibits may be left wrapped to keep in heat or cold until time of judging. The beef, pork and poultry dishes will be judged as follows:

- Preparation – 20 points
- Recipe & Menu – 20 points
- Flavor & Aroma - 30 points
- Appearance - 30 points

TROPHIES will be awarded to the winner in each division.

CLASSES (Denotes NOT State Fair Eligible)**

PREMIUMS: Purple, \$3.00; Blue, \$2.25; Red, \$1.50; White, \$.75

**B130901 Novice Division: Age 8-10 on December 31 of previous year

**B130902 Junior Division: Age 11-13 on December 31 of previous year

**B130903 Senior Division: Age 14 & over on December 31 of previous year

PRESENTATION CONTEST

The 4-H Presentation Contest helps youth develop skills for communicating. Through the contest, youth have an opportunity to teach others about the skills they have learned in 4-H by developing and delivering a "show and tell" presentation. Contact the extension office for educational resources to help youth participating in the 4-H Presentations Contest.

PREMIUMS (INDIVIDUAL): Purple, \$5.00; Blue, \$4.00; Red, \$3.00; White, \$2.00

PREMIUMS (TEAM): Purple, \$10.00; Blue, \$8.00; Red, \$6.00; White, \$4.00

TROPHIES will be awarded to the top purple in each division.

4-H ILLUSTRATED PRESENTATIONS - An Illustrated 4-H Presentation, given by one (1) individual or a team of two (2) individuals, is a live presentation with a formal talk where youth will use visual aids (such as props, posters, computer-based visuals, handouts, video, etc.) to show and tell others how to do something. The judge views the entire presentation and engages in a question-and-answer session following the presentation.

Participant Requirements:

- An illustrated Presentation may be given by one individual or a team of two individuals. If team members are not the same age division, they must compete in the age division of the oldest team member.
- All classes require the presence of the contestant(s).
- Presentations will be divided into 3 classes (ages are as of January 1 of the current year):
B151901 Novice Division (8-9)
B151902 Junior Division (10-11-12-13)
B151903 Senior Division (14 & over)
- Time limit is 6-8 minutes for a presentation by an individual, and 8-10 minutes for a team presentation. Participants may be penalized if their presentation exceeds the time limits.
- **Dress:** If possible, participant's attire should correspond with their presentation (be creative). Otherwise, 4-H attire is encouraged.
- The educational resource, *Communication Modules*, for youth participating in the Presentations Contest is available from the Extension Office.
- Presenters using computer-based visuals may bring files on a USB drive that is PC formatted. Participants may also provide their own computer or other equipment as needed; however,

participants must be able to connect their computer to a HDMI cord (plug on the television screen).

- Live animals may be used in the presentation. Presenters are responsible for the care and handling of animals. Animals can only remain in the presentation area while the owner is present.

Presentation Topic:

- All 4-H Presentation topics should be related to what the 4-H youth is learning through 4-H educational experiences.
- Enrollment in the project area in which the participant is making a presentation is not required.
- 4-H Presentations should include an introduction (the “why” portion of the topic), a body (the “show and tell” portion of the topic), and a conclusion/summary (the “what” portion of the topic).

Awards: The first-place winner in each division is eligible for a \$50.00 scholarship for a 4-H Camp of their choice, sponsored by the Knox County 4-H Council.

Scoresheets, Contest Study Materials and State Fair Forms can be found at <https://go.unl.edu/ne4hpresentationcontest>.

TALENT CONTEST

PARTICIPANTS: Each group must have 2 or more participants; all must be 4-H members. Limit of **two** entries per group or solo. Limit of one entry per class.

DIVISIONS: Participants will be divided into three divisions, Beginning (ages 8-10), Intermediate (ages 11-13) and Advanced (14 & over). Ages are on December 31 of the previous year.

TIME: The performance of each group or solo is limited to not more than six minutes.

SELECTION: Any number of songs may be sung or performed within the six minute time limit. Groups or solos may sing any selection of their choice. **A copy of the music must be presented to the judge before performing.**

ACCOMPANIMENT:

Dance Classes – Only recorded background music may be used in the dance classes. Dancers must bring their own player. Please only have the music you need on the player.

Vocal Classes - Recorded instrumental background music may be used or singers may be accompanied by piano, guitar or other instruments. If using recorded music, please bring your own player and only the music you need on the player. If using a director, must be a 4-H member.

Instrumental Classes - All performers in the instrumental classes must be 4-H members. You must provide your own music stands. If using a director, must be a 4-H member.

TROPHIES will be awarded to the winner in each division, with the exception of the Other Division. Other Division will be awarded a rosette to the winner in each division.

CLASSES: (Denotes NOT State Fair Eligible)**

PREMIUMS (GROUP): Purple, \$10.00; Blue, \$8.00; Red, \$6.00; White, \$4.00

PREMIUMS (SOLO): Purple, \$5.00; Blue, \$4.00; Red, \$3.00; White, \$2.00

- **B155901 Dance Solo Beginner
- **B155902 Dance Solo Intermediate
- **B155903 Dance Solo Advanced
- **B155904 Dance Group
- **B155905 Instrumental Solo Beginner
- **B155906 Instrumental Solo Intermediate
- **B155907 Instrumental Solo Advanced
- **B155908 Instrumental Group
- **B155909 Vocal Solo Beginner
- **B155910 Vocal Solo Intermediate
- **B155911 Vocal Solo Advanced
- **B155912 Vocal Solo Group
- **B155913 Other Division Beginner

- **B155914 Other Division Intermediate
- **B155915 Other Division Advanced
- **B155916 Other Division Group

COMMUNICATIONS

Rules:

- A. 4-H'ers will get to demonstrate their knowledge of varying degrees of communication. Competitors have the option of creating a poster, essay, or digital media in the different divisions.
- B. Static exhibits in this division will be evaluated on clarity of purpose/message in relation to communication, accuracy of information, originality, creativity, evidence of exhibitor's learning in this area, and educational value of exhibit to viewers.

Scoresheets can be found at <https://go.unl.edu/ne4hcommunications>.

PREMIUMS: Purple, \$2.50; Blue, \$1.75; Red, \$1.40; White, \$.70

COMMUNICATIONS, MODULE 1 (Denotes NOT State Fair Eligible)**

Use one or a combination of the experiential activities in the Communications, Module 1 curriculum to create an educational poster or essay sharing with others what you have learned. Topics may include, but are not limited to:

- Conducting an interview and sharing with a group
- Giving and understanding directions
- Evaluating and using appropriate Internet sources
- Composing a rap
- Preparing an illustrated talk

****B154901 Poster (Scoresheet SF94)**

Create a poster, measuring either 22" x 28" or 24" x 36", that showcases what was learned in this project area.

****B154902 Essay (Scoresheet SF94)**

Write an essay (3-5 pages) that showcases what was learned in this project area.

COMMUNICATIONS, MODULE 2 (Denotes NOT State Fair Eligible)**

Use one or a combination of the experiential activities in the Communications, Module 2 curriculum to create an educational poster or essay sharing with others what you have learned. Topics may include but are not limited to: identifying cultural differences in communication; developing guidelines for internet etiquette; evaluating another person's presentation; identifying communication careers; or preparing a presentation using a form of technology.

****B154903 Poster (Scoresheet SF94)**

Create a poster, measuring either 22" x 28" or 24" x 36" that showcases what was learned in this project area.

****B154904 Essay (Scoresheet SF94)**

Write an essay (3-5 pages) that showcases what was learned in this project area.

COMMUNICATIONS, MODULE 3 (Denotes NOT State Fair Eligible)**

Use one or a combination of the experiential activities in the Communications, Module 3 curriculum to create an educational poster, essay, or digital media sharing with others what you have learned. Topics may include but are not limited to: composing a personal resume; completing research on a speech or presentation topic; identifying ways to reduce risks online; evaluating own cell phone usage and etiquette; critiquing advertisements; or job shadowing a communication professional.

****B154905 Poster (Scoresheet SF94)**

Create a poster, measuring either 22" x 28" or 24" x 36" that showcases what was learned in this project area.

****B154906 Essay (Scoresheet SF94)**

Write an essay (3-5 pages) that showcases what was learned in this project area.

****B154907 Digital Media (Scoresheet SF94)**

Design a form of digital media (advertisement, flyer, short video or presentation, social media or web page, etc.) that showcases what was learned in this project area. Upload the digital media file to an online location (website, Dropbox, Google Drive, YouTube, Flickr, etc.) and

using the web address of the digital media file, create a QR code (using any free QR code creator, ex. Qr-code-generator.com). Print the following on an 8.5" x 11" sheet of cardstock: 1) the QR code; 2) 1-3 sentences about what viewers will see when they access the QR code on their mobile device.

POSTERS

Purpose: The purpose of a poster is to call attention to a subject. Every poster must be crafted to catch the viewer's attention quickly. Each must present only one specific message clearly. The poster should clearly feature some aspect of 4-H. Posters will be judged on the following criteria:

- **Idea:** simple, clear message, appropriate for a poster.
- **Lettering:** readable from a distance, appropriate size in proportion to art.
- **Art:** one dominate, eye-catching element; art relates to written message.
- **Arrangement:** makes good use of entire poster space without being too crowded; art and lettering are well balanced.
- **Color:** use of bold colors that harmonize well; colors used are legible.
- **Quality of Construction:** neatness; appropriateness of materials used.
- **Effectiveness:** works well as a poster.

Posters must be 14" x 22" and must be of a material that can be pinned to a display board. They may be arranged either horizontally or vertically. Those generated by computer must also meet this standard. Computer art generated on an 8 ½" x 11" sheet of paper and mounted on poster board will be disqualified.

Posters may be in any medium: watercolor, ink, crayon, markers or computer graphics, etc. They may not be three-dimensional. Entries with components thicker than paper (such as milk cartons, pencils, pop cans) will be disqualified. Posters may not use copyrighted materials, such as cartoon characters or commercial product names, logos or slogans. Avoid using clichés or over-used phrases that do not command the viewer's attention.

When using the official 4-H Emblem (clover with the H's on each leaf), it must follow approved guidelines, which can be viewed at <http://4h.unl.edu/4hnameemblemguidelines>.

Computer "clip art" will not be scored as positively as original computer art designs. Entries which do not conform to size, content, or material guidelines will be lowered one ribbon placing. The 4-H member's name, age, and county must be listed on the back of the poster. Posters may be laminated to protect them. Loose plastic coverings used to protect the exhibit while being transported will be removed by the superintendent for evaluation and display.

CLASSES (Denotes NOT State Fair Eligible) (Scoresheet CF83)**

PREMIUMS: Purple, \$1.75; Blue, \$1.35; Red, \$1.00; and White, \$.60

- **B158901 Exploring Careers with 4-H** - The poster should illustrate how 4-Hers can explore career opportunities through 4-H projects.
- **B158902 Photo Poster** - The poster should focus on a 4-H theme of your choice, using one large, eye-catching photo.
- **B158903 "Healthy Living"** - The poster should illustrate how 4-H encourages healthy lifestyles for youth and their families.

THEATRE ARTS

In the Theatre Arts project, youth will have adventures with acting, putting on costumes and making puppets. You'll learn how to move in fun ways, create a play and much more. But Theatre Arts isn't all you'll be doing. You'll also learn more about yourself, too. You'll learn things you can use all your life, like communicating with others, expressing yourself, making decisions and solving problems.

CLASSES (Denotes NOT State Fair Eligible)**

PREMIUMS: Purple, \$2.50; Blue, \$1.75; Red, \$1.40; and White, \$.70

- **B160901 Costume (Scoresheet KC002)**
A costume made or decorated by 4-H'er for use in a theatre arts production. Costume could be for self or others.

- **B160902 Portfolio (Scoresheet KC004)**
A collection of photographs, sketches or other samples illustrating the theatre arts learnings such as costume design, stage make-up, written scripts, set design or other related learnings.
- **B160903 Puppet (Scoresheet KC003)**
Exhibit consists of a puppet made by the 4-H'er for use in a theatre arts production.
- **B160904 Script (Scoresheet KC001)**
A script written by 4-H'er for a play, musical, skit, puppet show or other type of theatre arts production.
- **B160905 Stage Set Photography Display (Scoresheet KC004)**
A display of photos of a stage set that was designed and built by the 4-H member. Include a description of the photos.
- **B160906 Portfolio (Scoresheet KC004)**
A collection of photos of the 4-H'er acting in a play. Include a written description of the photos.

DIGITAL VIDEO PRO

Youth will prepare for a video shoot; learn proper shooting techniques (framing, lighting, audio); edit footage using digital video software to tell a story; and share your video with others. Digital Video online resources are available at https://4hcurriculum.unl.edu/index.php/main/data_dump/2.

CLASSES (Denotes NOT State Fair Eligible)**

PREMIUMS: Purple, \$2.50; Blue, \$1.75; Red, \$1.40; and White, \$.70

- **B170901 Digital Video (Scoresheet KC005)**

PHOTOGRAPHY

The purpose of this project area is to establish basic to advanced knowledge of and abilities in using photographic equipment, lighting, and composition to capture images, express feelings, and communication ideas. Participants can work through the three project levels, progressing from basic to advanced photography skills and techniques.

- Youth in 4-H Photography Levels 2 and 3 are eligible to exhibit at the State Fair.
- All static exhibits must have received a purple ribbon at the county fair to advance to the State Fair.
- **4-H members are allowed to exhibit in only one photography level.**
- An image may only be used on one exhibit with the exception of the Portfolios which may include images entered in other classes.
- **Cameras** – Photos may be taken with any type of film or digital camera, including phones, tablets, and drones.
- Photos must be shot by the 4-H member during the current project year with the exception of the Portfolios which may include images captured and/or exhibited in previous years.
- **Securely attach photos, mats, backing and data tags. Exhibits that are poorly attached may be disqualified.**
- **Do not use photo corners, borders or place coverings over the exhibits.**
- **Portfolios:** All portfolios must include the following information: 1) 1-page max bio, 2) table of contents, 3) year each photo was taken, 4) title for each image, 5) device make and model used to capture each image, and 6) reflections for each photo. When writing reflections, youth should focus on what new photography techniques or skills they were practicing when they took the photo, what makes the image successful, and what could have been done to improve the image. Portfolios may be presented in either print or digital formats:
 1. **Printed portfolios** should be presented in an 8.5x11 3-ring binder or similar book format. Recommended photo size is 8x10. Matting is not necessary.
 2. **Digital portfolios** may be presented online and must be exhibited along with a single 8.5x11 flyer. Flyers must include a link, URL, or QR code that takes users (judges and fairgoers) to their online portfolio.
- **Display Exhibits** – Display exhibits are only accepted in Level 1 and Level 2 Classes. Displays consist of three, 4" x 6" photos mounted on a single horizontal 11" x 14" black or white poster or mat board. **Incorrect sizes will not be accepted.** No foam board backing should be used. Each photo in the display must be numbered using a pencil. Numbers should be readable but not distract from the overall display. No titles, captions, or stick-on numbers will be allowed. Photos may be mounted