# SECTION I – CONTESTS

Dress Code: Participants are to wear 4-H t-shirts, blue jeans, and tennis shoes. No shorts or boots or dress clothes.

## Dept. F –Presentations Contest

## General Information

* Communication Modules for youth participating in the 4-H Presentations Contest can be found in the 2021 4-H Project Resource Central found at https://4h.unl.edu/resources
* An Illustrated 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 visuals aids (such as props, posters, computer-based visuals, handouts, video, etc.) to show and tell others how to do something.
* A Teaching (Trade Show Exhibit) Presentation, given by one (1) individual or a team of two (2) individuals, is a live, interactive, trade show style presentation where youth will continuously engage a constantly-changing/moving audience for 30 minutes by showing and telling them how to do something while answering questions. Multiple (up to 6) Teaching Presentations will be scheduled simultaneously, allowing fairgoers/contest attendees to learn from many 4-H youth at one time. Teaching Presentations are given behind a table amongst 4-H exhibits. Judge occasionally stops to view presentation, ask questions, and observe audience engagement.
* All presenters for all classes must have received a purple rating at the county contest to go to State.
* Teaching (Trade Show Exhibit) Presentation: any presentation that has been previously shared at the County 4-H Presentation Contest or other event that has a live audience (4-H Club Meeting, Community Event, etc.) is eligible for State Fair.

**Rules:**

1. All classes require the presence of the contestant(s).
2. A team presentation, consisting of two (2) individuals, may be given for any class; there is no separate class for team presentations.
3. Each participant is required to wear one of the following during their presentation: the 4-H chevron, the 4-H emblem, or a 4-H shirt.
4. Enrollment in the project area in which the participant is making a presentation is not required.

### Division 151 – Illustrated Presentations

**General Information**

* + Time limit is 6-8 minutes for presentation given by an individual, and 8-10 minutes for a presentation given by a team. Participants may be penalized if their presentation exceeds the time limits.
  + All 4-H Presentations topics should be related to what the 4-H youth is learning through 4-H educational experiences focused on the priorities of career and college readiness, community development, entrepreneurship, food supply confidence, healthy living, leadership development, and STEM (science, technology, engineering, and math).
  + 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).
  + 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 plug on the television.
  + Live animals may be used in the presentation. All fair livestock health requirements must be followed. Presenters are responsible for all stalling arrangements, care of handling of animals. Animals can only remain in the presentation area while the owner is present.

sf Class 12 **Premier Presenter Contest –** Each Nebraska County may advance one individual or one two-person team from the Illustrated Presentation Class in the County 4-H Presentations Contest to the Premier Presenter Contest.

sf Class 13 **Illustrated Presentation**- It is a live presentation where youth use visual aids to show and tell others how to do something

### Division 152 – Teaching (Trade Show Exhibit) Presentations Contest

It is a live, interactive, trade show style presentation where youth continuously engage a constantly-changing/moving audience for 30 minutes by showing and telling them how to do something while answering questions.

**General Information**

* + A Teaching (Trade Show Exhibit) Presentation can be given by one (1) individual or a team of two (2) individuals.
  + To participate on the state level participants must be 10 years old before January 1 of the current year.
  + Any Teaching (Trade Show Exhibit) Presentation that has been previously shared at the County 4-H Presentation Contest or other event that has a live audience (4-H club Meeting, Community Event, etc.) is eligible for this division.
  + The class requires the presence of the contestant(s).
  + Participants will present for 30 minutes in front of a constantly-changing/moving audience.
  + Each participant is required to wear the 4-H Chevron, 4-H emblem, or 4-H shirt during their presentation.
  + Communication Modules for youth participating in the 4-H Presentations Contest can be found in the 2021 4-H Project Resource Central found at <https://4h.unl.edu/resources>
  + Presentation Topic:
    1. Teaching (Trade Show Exhibit) Presentations should engage the audience and teach them about something the 4-H youth is learning through 4-H educational experiences focused on the priorities of career and college readiness, community development, entrepreneurship, food supply confidence, healthy living, leadership development, and STEM (science, technology, engineering, and math).
  + Equipment provided includes one (1) table, one (1) easel, electricity, and Wi-Fi internet connectivity.
  + Live animals may be used in the presentation. All fair livestock health requirements must be followed. Presenters are responsible for all stalling arrangements, care of handling of animals. Animals can only remain in the presentation area while the owner is present.

### Division 152 – Teaching (Trade Show Exhibit) Presentations Contest continued

### Classes:

sf Class 1 Teaching Presentation

## Division 153 – Digital Video – 4-H FilmFest

The 4-H FilmFest is the display of digital videos that show the recording, reproducing, and broadcasting of moving visual images.

### Resources:

* [Incorporating Nebraska 4-H Educational Priorities into 4-H Presentations](http://4h.unl.edu/documents/Presentations%20Contest%204-H%20Outcome%20Area%20Topics.pdf)
* [Examples of Previous 4-H FilmFest Entries](https://www.youtube.com/playlist?list=PL8PMz6vOY3UHvSSvpZiKaP_btFvfrgO-5)
* Additional communication resources can be found at [4hcurriculum.unl.edu](https://4hcurriculum.unl.edu/)
* Video examples of the contest can be found at <https://4h.unl.edu/presentation-contest>.

**General Information**

* Digital videos may be created by one (1) individual or a team of two (2) individuals. During the 4-H FilmFest, youth will provide a 1-minute oral introduction (name, background/goal of presentation, intended audience, where presentation could be shared, etc.) followed by the showing of their digital video.
* For the state contest youth must be 10 years old by January 1st of the current year.
* Each participant is required to wear the 4-H chevron, 4-H emblem, or a 4-H shirt during their 4HFilmFest
* 4-H FilmFest digital videos should engage the audience and teach them about something the 4-H youth is learning about career and college readiness, community development, entrepreneurship, food supply confidence, healthy living, leadership development, and STEM (science, technology, engineering, and math) Enrollment in project area in which the participant is making a presentation is not required.
* The video may include photos, clip art, animation, text, and/or audio/sound. Any freeware/software program may be used to create the presentation. However, the only file formats that will be accepted include: .mp4, .mov, or .avi.
* Any 4-H FilmFest digital video that has been previously shared at the County 4-H Presentation Contest or other events that has a live audience (4-H Club Meeting, Community Event, etc.) is eligible for this division.
* The class requires the presence of the contestant(s).
* The following digital videos may be entered in the 4-H FilmFest:
  + 1. Video Public Service Announcement: A short video that communicates an educational message focused on a cause, activity, or event (Length: 60 seconds).
    2. Narrative: A video that tells a fact or fiction story (Length: 3-5 minutes)
    3. Documentary: A video that presents factual information about a person, event, or process (Length: 3-5 minutes).
    4. Animation: A video created by techniques that simulate movement from individual images (Length: 3-5 minutes).

### Division 153 – Digital Video – 4-H FilmFest

Sf Class 1 4-H FilmFest (Digital Video) Contest

## Public Speaking Contest

**General Information**

* Radio PSA’s will be submitted electronically as a .wav or mp3 format along with a copy of the member’s registration form.
* The time limit for all PSA’s is 60 seconds.

### General Rules

Speech Length of Speeches: Senior: 5 to 8 minutes. Intermediate: 3 to 5 minutes

Juniors: 1 to 3 minutes Clover Bud: under 2 minutes

* All speeches must be original and include 4-H as the major component of the speech.

Many speakers in the Public Speaking Contest have given speeches in other contests. This is fine; however previous speeches may not be used verbatim for the 4-H contest. It is okay to use the same ideas from a speech previously delivered in competition, but it must be 4-H related. Enough changes should be made to make that speech new to the speaker and the audience. 4-H public speakers may not use an old speech written by a sibling, other 4-H member, or anyone else.

* Acknowledge the source of information used in the speech. 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.
* Use of visual aids and props are not allowed.
* Dress appropriately. Do not wear costumes or special effect clothing.
* After participating at the county level, five contestants in each age division (Intermediate & Senior) in both speech and PSA categories will be selected to advance to the State Public Speaking Contest. Following the contest, winners will be invited to showcase their speeches at the Nebraska State Fair.
* No team speeches are allowed.

### Public Service Announcement (PSA) Category Rules

* All PSA’s are 60 seconds in length.
* The state theme for the 2021 Public Service Announcement is “Opportunity 4 All” and should be incorporated in the PSA.
* All radio PSA’s must promote 4-H and be general enough to be used anywhere in Nebraska at any time of the year.
* All 4-H PSA’s must include the following tag line within the last ten seconds of the PSA: “Learn more about Nebraska Extension 4-H Youth Development Program at 4h.unl.edu.” The tag line is included in the 60 second time limit.
* Sound effects and public domain music may be used. Copyrighted material may not be used.
* 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.
* No team PSA’s are allowed.
* Radio PSA’s will be submitted electronically as a .wav or mp3 format along with 1 copy of the PSA text.

**Scoring**

* Judges will deduct three points from the contestant's speech score for each 30 seconds under or over the time limit. (Senior division only.)
* See score card for additional judging criteria at <https://4h.unl.edu/public-speaking/district>

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## Division 500 – Culinary Challenge Contest

**Purpose**: will require youth to demonstrate healthy decision making through nutrition, food preparation, menu planning, and food safety, utilizing foods and nutrition curriculum. They will apply healthy living knowledge and skills by planning a nutritious menu, demonstrating their understanding of time management skills in the kitchen, and expressing their originality and creativity through an appropriate themed and properly set table. To showcase these skills, youth will create a menu, prepare one food item, and choose an appropriate theme for their occasion while expressing their food, nutrition, and food safety knowledge during a live interview with a judge at the contest. In order to highlight knowledge and skills acquired during pre-contest preparation, youth will utilize technology as part of their interview.

### Rules:

* + A team will consist of two members to be eligible to compete. 4-H members must all be at least 10 years of age by January 1 of the current calendar year to participate in the State Contest.
  + All team members must be enrolled in a 4-H foods and nutrition project during the current 4-H year.
  + Judging interviews will be approximately 12 to 15 minutes. This time includes a short presentation by the teams, as well as questions from the judge.
  + During judging, 4-H members may choose to dress in appropriate clothing, costume, or accessories relevant to the theme.

## Division 500 – Culinary Challenge Contest continued

**Eligibility**: Winners at a county contest (Table Toppers, Favorite Foods or other such contest) may advance to the 4-H Culinary Challenge Contest but participation at the county level is not required. The 4-H’er must be enrolled in at least one Foods and Nutrition project to enter the Contest. Each county is eligible to submit up to four teams of two 4-H members for the 4-H Culinary Challenge Contest to be held during the Nebraska State Fair. Selection of such eligible teams shall be at the discretion of the county.

**State Contest:** County teams of two 4-H members will have the opportunity to advance to the 4-H Culinary Challenge Contest, which will be held the second weekend of the Nebraska State Fair.

**Challenge Ingredient/Item:** A challenge ingredient will be selected each year, highlighting a Nebraska commodity food product. The 2021 challenge ingredient is Honey. Please keep food safety in mind when selecting the recipe used for the Challenge. Foods must be able to be kept chilled during transport to the contest, then be able to be re-heated in a slow cooker or microwave. Each team must incorporate the challenge ingredient into their food item they will be presenting during the contest. This may require altering a recipe or creatively incorporating an item into their overall table theme. The challenge ingredient must also be included in the interview presentation, demonstrating youth knowledge of the ingredient, such as nutritional value, a farm-to-fork concept, or how to adapt a recipe to include the ingredient.

**Judges Interview:** The team should view themselves as the hosts, cooperatively presenting the table to the judge, incorporating multi-media resources, and answering any questions from the judge. Teams must be prepared to present to the judge utilizing technology such as PowerPoint, picture story, or other multi-media resource. Presentations may include photos, clip art, animation, video or audio sound. The 4-H members should cooperatively present a verbal presentation to the judge that is highlighted by their multi-media presentation via computer or tablet. Participants must provide their own computer or other equipment needed for their 4-H Foods Event judging interview. Presentations will occur at participants’ tables. Please do not bring projectors or other equipment which will require extra space.

Considerations should be given to creatively include the following items through the multi-media presentation:

* + nutritional facts of their menu
  + food safety
  + time management
  + choice of menu
  + food preparation
  + cost of item/per serving
  + food handling techniques
  + recipe of the food item shared with the judge
  + challenge ingredient (nutritional value, farm-to-fork, recipe revision, etc.)
  1. Members are to furnish a specially chosen menu and recipe, card table, table linens, centerpiece, dishes and flatware. 4-H’ers will also prepare at home one item from the menu and bring it to the contest. The recipe card should be for this food item. Recipe and information sheet may be printed or written neatly on appropriate sized paper or recipe cards.

Class 96 **Junior**

Class 97 **Intermediate**

Class 98 **Senior**

Division 500 – 4-H Ice Cream Contest

It will be held during the County Fair Family Fun Night!

Eligibility: Any 4-H’er or Clover Bud may participate. It is all for fun for our 4-H Families! Please register by contacting the Nebraska Extension – Sheridan County office.

Recipe: Feel free to use one included in this packet, or find another on your own. Recipe MUST be included during event. No unpasteurized eggs allowed. If your recipe requires eggs, please use Egg Beaters for food safety concerns. You may make vanilla or flavored ice cream.

Supplies: You should bring milk (in a cooler or thermos), Sugar, vanilla (or other needed ingredients/flavors according to your recipe), measuring cups (liquid & dry), measuring spoons, Stirring spoon or spatula, bags, towels, vanilla extract, gloves. We will provide ice, rock salt, and tape.

Teams: Teams may consist of one 4-H member, a friend, another 4-H member, younger sibling, or parent.

Judging: The judge will see the process you used to create the ice cream and then judge it based on flavor and a visit with you.

### Ice Cream in a Bag recipe

Ingredients:

1 Tbls sugar

¼ tsp vanilla extract

½ cup milk Rock salt Ice

**Directions:**

1. Open a pint zip-type bag, add sugar, vanilla, and flavoring. Seal bag tightly and mix well by squeezing with fingers.
2. Open bag and add milk. Squeeze out extra air, zip tightly, and mix well.
3. Open a gallon zip-type bag, add rock salt and fill halfway with ice cubes.
4. Put pint bag inside gallon bag, seal well and shake bag for 5 to 10 minutes or until liquid has changed to ice cream.

### Flavor Variations

* + - Chocolate chip – add ½ cup chopped chocolate chips or use mini-chocolate chips
    - Nut brittle – grind or crush nut brittle or use almond brickle chips. Add 1/3 to ½ cup.
    - Raspberry/Strawberry – Add 1-2 drops red food coloring. Add ½ cup crushed fresh berries or thawed/drained frozen berries.
    - Chocolate – add 3-4 Tbls chocolate syrup
    - Cherry Mint – add 1-2 drops green food coloring and a few drops of mint extract. Eliminate vanilla extract. Add ½ cup chopped maraschino cherries
    - Banana – add ½ cup mashed bananas and ½ tsp lemon juice
    - Cherry – add ½ cup chopped pitted cherries
    - Mint – reduce vanilla to 1/8 tsp. Add oil of peppermint and 1-2 drops green food coloring
    - Peach – add ½ cup mashed peaches
    - Peppermint Stick – add 1-2 drops red food coloring. Add ¼ to 1/3 cup finely crushed peppermint sticks.

Division 500 – Insect Identification Contest

**General Information**

* + - Participants may enter only as an individual.
    - Individuals compete according to their age division.
    - Members do NOT need to be enrolled in a 4-H Entomology project to participate.
    - Contestants will have at least an hour to identify 50-60 insect specimens. Identifications will be scored strictly by the names given on the Specimen Study List, as common names may vary according to resources studied.
    - Contestants will identify specimens by common name only, and will use a key consisting of eligible orders and insects from which to write the corresponding letter (for order) and number (for insects) on an answer sheet. Every 5th specimen will have a multiple-choice insect knowledge question about the insect. The question may require the meaning of the order name, type of antennae, legs or mouthparts, kind of metamorphosis, a fact about biology, or the scientific name of the specimen. Scoring: Each correct order answer is worth 1 point, and each correct insect answer is worth 1 point. Each multiple-choice question is worth 2 points.
    - Contestants should not touch specimens during the contest. Magnifying lenses and printed images will accompany tiny specimens.
    - Ties will be broken with a supplemental tie-breaker section at the end of the contest answer sheet consisting of 10 specimens to identify to order along with 2 insect knowledge questions. These specimens will be much more difficult to identify.
    - Pencils and clipboards will be provided for contestants.
    - Participant must be 10 years old before January 1of the current year.
    - Contestants must be 4-H members at the time of the contest.

Class 31 **Intermediate** (ages 10-13 as of Jan. 1)

Class 30 **Senior** (ages 14-18 as of Jan. 1)

## Division 500 – Weed & Grass ID Contest

**General Information**

* Participant must be
* 10 years old or older on January 1 of the current year.
* Contestants must be 4-H members at the time of the contest
* Participants may enter as an individual and as members of a team. A team consists of 3 to 4 individuals with the total scores of the three high individuals making the team score. Team membership must be designated if team competition is intended. This will need to be designated prior to initiation of the contest.
* A team will compete at the level of the oldest team member, e.g., if a member of a team is in the Senior division, the team will compete in the Senior division, even if some members of the team are in the Intermediate division. In this situation, the intermediate division youth would need to complete both the intermediate and senior sections of the contest.
* Individuals compete according to their age for individual honors within their age division.
* Contestants will be required to identify the plant specimens by accepted common name as defined by the “Weed and Grass ID List” by matching the contest specimen with a number from the alphabetical specimen listing for the contest.
* One point is possible for each specimen. Specimens will consist of a minimum of leaves and stem, but may also include flowers, seed, or roots structures.
* The first 35 specimens (intermediate division) will be exclusive to the intermediate division list. Specimens for senior division 4-H members will include these plants as well as 25-35 additional specimens from those species noted in the ID list for 2021.
* Ties will be broken using a two-step process. 1) Five additional plants and 2) a multiple choice quiz about weeds and grasses. Step 2 will be used if ties still exist after Step 1 has been completed.Scoresheets, forms, contest study materials, and additional resources can be found at [http://go.unl.edu/ne4hgrassweedidcontest](https://go.unl.edu/ne4hweedgrassidcontest).

Class 16 **Intermediate** (ages 10-13 as of Jan. 1)

Class 15 **Senior** (ages 14-18 as of Jan. 1)

**Division 500 – Horticulture ID Contest**

**General Information:**

* Individuals are selected and compete in a national contests based on their individual placing in the state level contest (rather than county team placing) are eligible to return to the state contest and only judge as an individual. 4-Her’s who have competed in a national or regional level contest that is not the designated contest are eligible to compete for team and individual honors.
* Participants may enter as an individual and as members of a team. A team consists of 3 to 4 individuals with the total scores of the three high individuals making the team score. Membership of the team must be designated if team competition is intended.
* A team will compete at the level of the oldest team member, e.g., if a member of a team is in the Senior division, the team and its individuals will compete in the Senior division, even if some members of the team are of Intermediate division age.
* Individuals compete according to their age, unless they are an Intermediate aged member of a Senior team, see above.
* Members do NOT need to be enrolled in a 4-H horticulture project to participate.
* Contestants will not be allowed to touch the samples during the contest.
* Contestants must bring their own pencil or pen and clipboard.
* Participants will be required to participate in all of the following portions:

1. Identification- Participants will identify the plant specimens by accepted common name as defined by the “Identification Answer Sheet.” Participants will be given a plant list to use at the contest. Two points will be possible for each specimen.
2. Intermediate division will identify 50 samples (25 from each of the following sections Landscape Ornamentals)
3. Senior division will identify 100 samples (25 from each of the four sections; Flowers & Indoor Plants, Landscape Ornaments, Fruits, Nuts & Berries, and Vegetables).
4. Specimens may be alive or preserved plant parts such as, but not limited to: stems, twigs, leaves, flowers, seeds, fruits, roots, bulbs, tubers, or plant products.
5. Judging/Placing- Participants will be asked to rank class (es) of items from best to worst based upon a set of criteria. Intermediate division will judge one class and Senior division will judge two classes, each class is worth 50 points. Classes of four (4) plates each, will be judged on the basis of condition, quality, uniformity, true-to-type, and size. Classes can be taken from the list of four groups to be judged (fruits and nuts, vegetables and herbs, flowering and indoor plants, and woody ornamentals). Scores will be determined by a Hormel calculator. Oral reasons will not be given by contestants.
6. Written Exam- Participants will complete a multiple choice/ true false exam worth 2 points per question. Intermediate division will receive a test with up to 25 questions; Senior division will receive a test with up to 50 questions. Questions will test the contestant's knowledge of cultural practices for horticultural crops, plant science, pesticides, horticultural careers and other topics related to the production, processing and consumption of horticultural crops.
7. Ties will be broken with additional questions at the end of the contest written exam, then based upon their identification scores.

Class 21

* + - * **Intermediate** ages 10-13 before Jan.1) Class 20
* **Senior** (ages 14-8 as of Jan. 1)

### Resources

* + Annual Flowers – Plant, grow, and care for annual flowers <https://4hcurriculum.unl.edu/index.php/main/program_project/105>
  + Everyone a Gardener – Choose a garden site; Plan a garden; Grow vegetables; Select and purchase garden supplies;
  + Grow transplants <https://4hcurriculum.unl.edu/index.php/main/program_project/107>Gardening A – Plan and plant a garden; Find out how seeds germinate; Learn what different plant parts do; Harvest and use your vegetables

<https://4hcurriculum.unl.edu/index.php/main/program_project/108>

* + Gardening B – Transplant plants into your garden; Grow plants from plant parts; Feed your garden; Earn money by growing vegetables

<https://4hcurriculum.unl.edu/index.php/main/program_project/109>

* + Gardening C – Learn about succession planting; Grow an herb garden; Find out about photosynthesis; Identify pest damage

<https://4hcurriculum.unl.edu/index.php/main/program_project/110>

* + Gardening D – Use intercrop and double crop planting methods; plant a computer-planned garden; Identify plant diseases; Learn about plant scientists

<https://4hcurriculm.unl.edu/index.php/main/program_project/111>

* + Houseplants – Grow foliage and bulb plants indoors; Learn what houseplants need to stay health <https://4hcurriculum.unl.edu/index.php/main/program_project/106>
  + Special Gardening Project <https://4hcurriculum.unl.edu/index.php/main/program_project/176>
  + The World of Flowers – Learn about growing healthy plants; Grow flowers from seeds; Learn about caring for flowers<https://4hcurriculum.unl.edu/index.php/main/program_project/104>

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## Division 500 – Tree ID Contest

**General Information**

* Contestants must be 4-H members at the time of the contest.
* Participants may enter as an individual and as members of a team. A team consists of 3 to 4 individuals with the total scores of the three high individuals making the team score. Membership of the team must be designated during pre-registration if team competition is intended.
* A team will compete at the level of the oldest team member, e.g., if a member of a team is in the senior division, the team will compete in the senior division, even if some members of the team are in the intermediate division.
* Individuals compete according to their age.
* Contestants will be required to identify the plant specimens by accepted common name, but knowledge of scientific names is encouraged.
  + Contestants will identify 40 tree specimens described in the Tree Identification Manual.
  + Specimens will always be whole leaves, but twigs, flowers, seeds, or other structures may also be included.
  + Ties will be broken with supplemental “tie breaker” questions.
* Contestants will be allowed to touch specimens during the contest.
* Contestants must bring their own pencil or pen.

Class 46 **Intermediate** (ages 10-13 before Jan. 1)

Class 45 **Senior** (ages 14-18 before Jan. 1)