

SECTION I - CONTESTS

Dept. F – Presentations Contest

Communication Modules for youth participating in the 4-H Presentations Contest can be found in the 2022 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 visual aids (such as props, posters, computer-based visuals, handouts, video, etc.) to show and tell others how to do something.
- All presenters for all classes must have received a purple rating at the county contest to go to State.
- 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

- 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 Illustrated Presentations

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](#)
- [Examples of Previous 4-H FilmFest Entries](#)
- Additional communication resources can be found at 4hcurriculum.unl.edu
- Video examples of the contest can be found at <https://4h.unl.edu/presentation-contest>.
- 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.
- 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.
- The class requires the presence of the contestant(s).

The following digital videos may be entered in the 4-H FilmFest:

- Video Public Service Announcement: A short video that communicates an educational message focused on a cause, activity, or event (Length: 60 seconds).

- Narrative: A video that tells a fact or fiction story (Length: 3-5 minutes)
- Documentary: A video that presents factual information about a person, event, or process (Length: 3-5 minutes).
- Animation: A video created by techniques that simulate movement from individual images (Length: 3-5 minutes).

Class 1	4-H FilmFest (Digital Video)
Contest	

Division – Public Speaking Contest

- 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 Information:

- Speech Length:
 - o Senior: 5 to 8 minutes.
 - o Intermediate: 3 to 5 minutes
 - o Juniors: 1 to 3 minutes
 - o 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 2023 Public Service Announcement is "Discover a Spark" 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:
 - o Judges will deduct three points from the contestant's speech score for each 30 seconds under or over the time limit. (Senior division only.)
 - o See scorecard for additional judging criteria at <https://4h.unl.edu/premier-communication-event-contests>

Class 2

PSA

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:

1. 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.

2. All team members must be enrolled in a 4-H foods and nutrition project during the current 4-H year.
 3. 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.
 4. During judging, 4-H members may choose to dress in appropriate clothing, costume, or accessories relevant to the theme.
- **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 participate in the 4-H Culinary Challenge Contest.
 - **Challenge Ingredient/Item:** A challenge ingredient will be selected each year, highlighting a Nebraska commodity food product. The 2023 challenge ingredient is sunflowers. 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.)
- 4-H 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.

