

## 2017 District 10 4-H Fall Round-Up Guide



### December 8-9, 2017 Kerrville, TX



### Fall Round-Up Schedule

Friday, December 8, 2017

8:15 am Food Challenge Registration

1:30 pm Food Show Registration

1:30 pm Entomology Registration

Saturday, December 9, 2017

8:30 am Beef and Horse Quiz Bowls

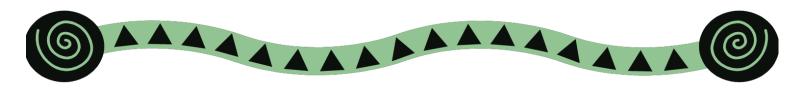
Registration

9:15 am Nutrition Quiz Bowl Registration

12:00 pm Public Speaking & Educational Presentations Registration



## General Rules



### **General Rules**

### **AGE DIVISIONS:**

There will be three age divisions. Divisions for all District Contests are determined as the age as of August 31, 2017. The age divisions are as follows *(except for Leaders 4 Life and Smallbore Rifle):* 

- Juniors 3<sup>rd</sup> Grade (and 8 years old) 5<sup>th</sup> Grade
- Intermediates 6<sup>th</sup> 8<sup>th</sup> Grade
- Seniors 9<sup>th</sup>- 12<sup>th</sup> Grade (has not surpassed their 18<sup>th</sup> birthday as of August 31, 2016)

Leaders 4 Life and Smallbore Rifle age divisions will be in the Spring Round-Up Guide.

Juniors may move up to the Intermediate age division when participating on a team that has true intermediates (based on grades listed above) on it. No one may move up to the Senior age division.

### **REGISTRATION:**

Registration will be conducted on 4-H Connect. Each member of a team will be required to register themselves.

Cost of Registration:

• \$10 per contest entered. For example if entering Food Show, Food Challenge, and Nutrition Quiz Bowl it will cost \$30 total.

### Registration Period:

- Regular Registration will be open on 4-H Connect October 24-November 7, 2017.
- Late Registration will be from November 8-9, 2017 ONLY for an additional \$25 fee.
- All paperwork due for any District Fall Contests must be in the County Office by Friday, November 3, 2017.

No refunds will be given for any District Contest Registration.

### <u>ADVANCING TO DISTRICT (contest entry limits or restrictions):</u>

These contests allow everyone to move on to District:

- Entomology
- Beef Quiz Bowl
- Horse Quiz Bowl
- Nutrition Quiz Bowl
- Public Speaking & Educational Presentations

### Contests listed below do have limits per county to move on to District:

- Food Show
  - o 1 entry per age division, per category can advance to District
- Food Challenge
  - o 2 teams per age division can advance to District



## Food Challenge Packet





Subject: 2017-18 District 10 Food Challenge Contest Letter

**December 8, 2017** 

Hill Country Youth Event Center in Kerrville, TX

3785 Highway 27, Kerrville, TX 78028

Congratulations on advancing to the District 10 4-H Food Challenge! We are excited about this contest and hope you and your teams are ready to face off against other teams to find out who the Food Challenge champions will be! Please review this letter carefully for details about the District Food Challenge.

The District 10 4-H Food Challenge will be held *December 8, 2017 at the Hill Country Youth Event Center in Kerrville, TX.* This contest challenges teams of 4-H members to create a dish using only a predetermined number of ingredients. From these ingredients, team members must identify and prepare the dish, then make a presentation about it to the judges. Below are the details about the District 10 Contest.

### Tentative Schedule: (subject to change depending on number of entries)

### **December 8, 2017**

| Time  |  |
|-------|--|
| 7:45  | Agents/Committee Arrive                                      |
| 8:15  | Food Challenge Judges Arrive                                 |
| 8:15  | All contestants arrive and check boxes                       |
| 8:45  | Judges & Group Leader Orientation                            |
| 9:00  | Contestant Orientation                                       |
| 9:30  | Contest Heat Begins  |
| 10:15 | Contest Heat Ends  |
| 10:20 | Judging Begins   |
| 12:30 | Awards program *** subject to change depending on tabulation |

### **Team Information and Number of Entries:**

An entry for the Food Challenge consists of teams of 3 to 5 members in the same age division. If a county does not have enough 4-H'ers in an age division to create a team, the following age groups may combine to create teams: Juniors may move up to the Intermediate age division and the team will compete as an Intermediate team. Intermediates may **NOT** move up to the senior age division. Seniors may not move down to a younger age division.

### All teams will compete in heat one.

### Counties may advance the following number of teams in each age division:

- Juniors 2 teams
- Intermediates 2 teams
- Seniors 2 teams

There will be four food categories in each age division at the District Contest: Main Dish, Fruits and Vegetables, Bread and Cereal, and Nutritious Snacks. Teams will be randomly assigned to a category, but assignments will not be announced until orientation the morning of the contest.

### **Contest Rules & Guidelines:**

County teams will need to review the Texas 4-H Food Challenge Rules and Guidelines for all of the contest rules and guidelines. The rules and guidelines can be found at: <a href="https://texas4-https:/

### Please make sure that teams understand the following details for the District Contest:

- Teams must provide their own supply box of equipment and other items listed on the supply list in the Food Challenge Manual.
  - Please review supply lists attached. There are now 3 different ones based on age division. This was done to cut back on the electricity usage at the facility as well as help new teams get started.

### Teams may NOT SHARE supply boxes

- Teams will be provided the following items at the contest:
  - Food ingredients
  - The recipe ingredient list with nutrition information, the food category and a clue about their recipe
  - Copy of the Food Challenge Worksheet
  - Notebook with the printed resources (reference food challenge manual)
  - Grocery Store Receipts

### **Contest Registration:**

Registration will be conducted on 4-H Connect. Each member of a team will be required to register. The registration fee will be \$10 per team member and will cover contest food and supplies, insurance, and awards. **Registration will be open on 4-H Connect October 24-November 7, 2017.** Late Registration will be from November 8-9, 2017 ONLY for an additional \$25 fee. No refunds will be given for Food Challenge. A substitution may be made if someone decides not to go or is ineligible.

### 4-H Officers and Members to Assist with Awards Program:

A form is included in this packet for youth to volunteer assist with the Food Challenge Awards Program. Please provide 4-H members with this opportunity and submit the form to the County Office by **November 2, 2017.** 

Attached is the map to the *Hill Country Youth Event Center in Kerrville, TX* for your reference as you travel to the Food Challenge!

### Enclosures

- District 10 Food Challenge Judge's Form
- Food Challenge Awards Program Volunteer Form
- Maps

### **JUNIOR Supply Box List**

Each team will bring an equipment box containing **only one** each of the following items, unless a different quantity is noted:

| Beverage glass                                   | Lieudel es a societa e socia                  |
|--|---|
| Bowls  | Liquid measuring cup                          |
| • Dip Size (1)                                   | Measuring spoons (1 set)                      |
| <ul><li>Mixing (2)</li><li>Serving (1)</li></ul> | Note cards (1 package - no larger than 5 X 7) |
| Calculator                                       | Paper towels (1 roll)                         |
| Can Opener                                       | Pencils (no limit)                            |
| Cookie sheet                                     | Plastic box or trash bag for dirty equipment  |
| Colander   | Potato masher                                 |
| Cutting Boards (2)                               | Potato peeler                                 |
| Disposable tasting spoons (no limit)             | Sanitizing wipes (1 container)                |
| Dry measuring cups (1 set)                       | Serving platter                               |
| First aid kit                                    | Serving utensil                               |
| Fork   | -   |
| Gloves   | Skewers (1 set)                               |
|  | Spatula                                       |
| Grater   | Stirring spoon                                |
| Hand sanitizer                                   | Storage bags (1 box)                          |
| Kitchen shears (1 pair)                          |   |
| Kitchen timer                                    | Tongs   |
|  | Whisk   |
| Knives (2)                                       |   |

### **INTERMEDIATE Supply Box List**

Each team will bring an equipment box containing **only one** each of the following items, unless a different quantity is noted:

Kitchen timer

Beverage glass

Bowls

• Dip Size (1) Knives (2)

• Mixing (2)

Serving (1)
 Liquid measuring cup

Calculator Measuring spoons (1 set)

Can Opener Non-stick cooking spray

Cookie sheet Note cards (1 package - no larger than 5 X

7)

Colander Paper towels (1 roll)

Cutting Boards (2)

Pancake turner

Disposable tasting spoons (no limit)

Pencils (no limit)

Dry measuring cups (1 set)

Plastic box or trash bag for dirty equipment

Electric Skillet
Potato masher

Extension cord

(Teams should be certain the extension cord is compatible (2-prong/3-prong) with the plugs on their electrical supplies)

Potato peeler
Sanitizing wipes (1 container)

First aid kit Serving platter

Food thermometer Serving utensil

Fork Skewers (1 set)

Gloves Spatula

Grater Stirring spoon

Hand sanitizer Storage bags (1 box)

Hot pads (up to 5) Tongs

Kitchen shears (1 pair) Whisk

### **SENIOR Supply Box List**

Each team will bring an equipment box containing **only one** each of the following items, unless a different quantity is noted:

Beverage glass Knives (2)

Bowls Liquid measuring cup

Dip Size (1)
Mixing (2)
Measuring spoons (1 set)

Serving (1)

Non-stick cooking spray
Calculator

Note cards (1 package - no larger than 5 X 7)

Can Opener

Paper towels (1 roll)

Cookie sheet
Pancake turner

Colander
Pencils (no limit)

Cutting Boards (2)

Plastic box or trash bag for dirty equipment Disposable tasting spoons (no limit)

Pot with lid

Dry measuring cups (1 set)

Potato masher

Electric Skillet
Potato peeler

Extension cord

(Teams should be certain the extension cord is compatible (2-prong/3-prong) with the plugs on

their electrical supplies)

Serving platter

First aid kit Serving utensil

Food thermometer Skewers (1 set)

Fork Skillet with lid

Gloves Spatula

Grater Stirring spoon

Hand sanitizer Storage bags (1 box)

Hot pads (up to 5) Tongs

Kitchen shears (1 pair) Two single-burner hot plates **OR** one double-

burner plate (electric only!)

Whisk

Kitchen timer

### **Food Challenge Awards Program Volunteer Form**

Each county can only submit one name plus one alternate to represent their county on the program. These youth must be intermediate or senior 4-H members. Fill out form and e-mail it to Angie or Frances by November 2, 2017. Selections will be made and 4-H'ers will be notified by e-mail.

### Please mark the duties below that the 4-H'er would be willing to do at the awards program.

| Master/Mistress of Ceremonies | Pledges                      | Welcome |  |
|-------------------------------|------------------------------|---------|--|
| Introduction of Guests        | Food Challenge<br>Objectives |         |  |
| Assist with Awards            | Closing Comments             |         |  |

| Name                                    |     |
|---|-----|
| Address                                 |     |
| City, Zip Code                          |     |
| Phone Number                            |     |
| e-mail Address                          |     |
| Is this 4-H'er an <b>officer</b> in the | Yes |
| FCS Project Committee?                  | No  |
| Is this 4-H'er a <b>member</b> of the   | Yes |
| FCS Project Committee?                  | No  |
| Alternate                               |     |
| Name                                    |     |
| Address                                 |     |
| City, Zip Code                          |     |
| Phone Number                            |     |
| e-mail Address                          |     |
| Is this 4-H'er an <b>officer</b> in the | Yes |
| FCS Project Committee?                  | No  |
| Is this 4-H'er a <b>member</b> of the   | Yes |
| FCS Project Committee?                  | No  |



### Food Show Packet







### Texas 4-H & Youth Development District 10 4-H Program

### 2017-2018 DISTRICT 10 4-H FOOD SHOW PACKET

**WHEN:** Friday, December 8, 2017

**WHERE:** Hill Country Youth Center in Kerrville, TX

3785 Highway 27 Kerrville, TX 78028

### **SCHEDULE:**

**1:30 p.m.** Registration and Prep Area are open to contestants and parents

**2:00 p.m.** Judges and Group Leader Orientation

**2:00 p.m.** Orientation for Contestants

**2:30 p.m.** Food Show Judging Begins

**4:30 p.m.** Presentation of awards (approximate time)

### **RULES:**

We will follow the 2018 State 4-H Food Show rules **except** where noted in the District Rules Section of this letter. The 2018 State 4-H Food Show Packet will be available on the web at: <a href="https://texas4-h.tamu.edu/wp-content/uploads/2018-4-H-State-Food-Show-Guidelines.pdf">https://texas4-h.tamu.edu/wp-content/uploads/2018-4-H-State-Food-Show-Guidelines.pdf</a>

### **DISTRICT RULES:**

The State and District Food Show them for 2017-2018 is "Fresh from the Farm."

The theme for the 2018 Food Show is "Fresh from the Farm". This theme will allow participants the opportunity to explore many aspects of fresh foods, physical activity, and the value of locally grown foods. Another aspect to consider is the simpler life of the farm and the importance of family and working together. In addition, 4-H members can discuss the growing season their dish is associated with: late spring and early summer, high summer, and early fall. As well as, discussing where the ingredients for their dish were grown, especially if purchased from a local producer or farmers market or possibly harvested from their own garden.

### Junior/Intermediate Age Divisions

- 1. Juniors and Intermediates will be required to bring one serving of their dish to the District Contest.
- 2. The dish may be served on a disposable or non-disposable dish.
- 3. Garnishes must be edible.
- 4. No decorations are allowed
- 5. No heating trays, chafing dishes, electric appliances or open fame of any kind are allowed.

Junior/Intermediate time breakdown will be as follows:

Five (5) minutes to be interviewed by the judges.

<u>Junior and Intermediate 4-H members only</u> entering the Food Show will be required to complete the <u>District 10 4-H Food Show Record Form</u>. The Food Show Record Form should be sent to the County Office by November 2, 2017 (physically in the office, not postmarked by that date).

### **Senior Age Division**

- 1. Seniors will be required to bring their entire dish to the District Contest and will need to serve one serving to the judges.
- 2. The recipe may be served on a disposable or non-disposable dish.
- 3. Garnishes must be edible.
- 4. No decorations are allowed.
- 5. No heating trays, chafing dishes, electric appliances or open flame of any kind are allowed.

Senior time breakdown will be as follows:

Four (4) minutes for presentation

Four (4) minutes for questions from judges

One (1) minute to serve dish to the judges

<u>Senior 4-H members</u> will be required to complete the State Food Show paperwork from the State Packet. One copy of the Senior Food Show Paperwork is **due in the County Office by 5:00 p.m. on Friday, November 3, 2017 (physically in the office, not postmarked by that date).** The four (4) SENIORS that advance to State will be allowed to update their State Food Show paperwork before submitting to the State Food Show Contest Committee.

### **AWARDS:**

The awards program will begin approximately at 5:45 p.m. or following Food Show tabulation

### Judges for Food Show:

Counties will be required to recruit and confirm a minimum of one adult volunteer to serve as judge/category leader for the Food Show. Please complete the Food Show Judge/Category Leader Recruitment form that is included in this packet.

### 4-H Officers and Members to Assist with Awards Program:

A form is included in this packet for youth to be nominated to assist with the Food Show Awards Program. Please provide 4-H members with this opportunity and submit the form to the County Office by **November 3. 2017.** 4-H'ers selected to assist with the Food Show Awards

### 4-H Volunteer Members for the District 10 4-H Food Show Awards Program

Each county can only submit one name plus one alternate to represent their county on the program. Fill out form and return it to the County Office by **November 2. 2017.** Selections will be made and 4-H'ers will be notified **by e-mail.** 

| Circle the part you | would like to help with: |
|---------------------|--------------------------|
| Drociding           |                          |

| Presiding                      | Explanation of Project Development  |  |  |  |  |
|--------------------------------|---|--|--|--|--|
| Motto and Pledge               | Committee   |  |  |  |  |
| Welcome                        | Presentation of Awards  |  |  |  |  |
| Introduction of Guests         | Presentation of Winners   |  |  |  |  |
| Food and Nutrition Program and | Closing Comments  |  |  |  |  |
| Objectives                     | Usher   |  |  |  |  |
| Name:                          |   |  |  |  |  |
| Telephone                      | Age   |  |  |  |  |
| County                         | Email   |  |  |  |  |
| Alternate Name:                | _   |  |  |  |  |
| Telephone ()                   | Age   |  |  |  |  |
| County                         | Email   |  |  |  |  |
|                                |   |  |  |  |  |
| Fax                            | unty Office by November 2, 2017<br>: 210-631-0429 or<br>errez@ag.tamu.edu |  |  |  |  |
| Agent Signature:               |   |  |  |  |  |

## Materials for Contestants





Texas 4-H & Youth Development District 10 4-H Program

### 2017-2018 District Food Show

**MEMO TO:** Food Show Contestants and Parents

**SUBJECT:** District 10 4-H Food Show

WHEN: Friday, December 8, 2017

WHERE: Hill Country Youth Center in Kerrville, TX

3785 Highway 27 Kerrville, TX 78028

### **SCHEDULE:**

**1:30 p.m.** Registration and Prep Area are open to contestants and parents

**2:00 p.m.** Judges and Group Leader Orientation

**2:00 p.m.** Orientation for Contestants

**2:30 p.m.** Food Show Judging Begins

**4:30 p.m.** Presentation of awards (approximate time)

### **REGISTRATION:**

Registration will be conducted on 4-H Connect. The registration fee will be \$10. **Registration will be open on 4-H Connect October 24-November 7, 2017.** <u>Late Registration will be from November 8-9, 2017 ONLY for an additional \$25 fee</u>. No refunds will be given for Food Show.

**Food Show Record Form** for Juniors/Intermediates and **Senior State Food Show Forms** are due to the County Extension Office by Friday, Nov. 3<sup>rd</sup>.

### **RULES:**

We will follow the 2018 State 4-H Food Show rules **except** where noted in the District Rules Section of this letter. The 2018 State 4-H Food Show Packet will be available on the web at: https://texas4-h.tamu.edu/wp-content/uploads/2018-4-H-State-Food-Show-Guidelines.pdf

### **DISTRICT RULES:**

The State and District Food Show theme for 2017-2018 is "Fresh from the Farm."

The theme for the 2018 Food Show is "Fresh from the Farm". This theme will allow participants the opportunity to explore many aspects of fresh foods, physical activity, and the value of locally grown foods. Another aspect to consider is the simpler life of the farm and the importance of family and working together. In addition, 4-H members can discuss the growing season their dish is associated with: late spring and early summer, high summer, and early fall. As well as, discussing where the ingredients for their dish were grown, especially if purchased from a local producer or farmers market or possibly harvested from their own garden.

### **Senior Age Division:**

Seniors will be required to bring their entire dish to the District Contest and will need to serve it to the judges.

Senior time breakdown will be as follows:

- Four (4) minutes for presentation
- Four (4) minutes for questions from judges
- One (1) minute to serve dish to the judges

### Junior/Intermediate Age Divisions:

Juniors and Intermediates will have five (5) minutes to be interviewed by the judges.

### **WHAT TO BRING - CONTESTANTS:**

The following items are what each contestant (Juniors and Intermediates) will be required to bring to the District Food Show.

- Single serving of your recipe on any type of dish.
- Use edible garnishes only for your dish

### WHAT NOT TO BRING - CONTESTANTS:

- No decorations are allowed
- Heating tray, chafing dish, electrical appliances, or open flame of any kind

### District 10 4-H Food Show

| NJE             | So      | corecard          | Jr     |       | Int | Sr |
|-----------------|---------|-------------------|--------|-------|-----|----|
| ENTRY CATEGORY: | Protein | Fruit & Yegetable | Grains | Dairy |     |    |

| Rating       |              |      |                      | Comments | Points |
|--------------|--------------|------|----------------------|----------|--------|
| Out-;ta.ding | Good         | Fair | XHds<br>lmpi'Onmrllt |          |        |
|              |              |      |                      |          |        |
|              |              |      |                      |          | 20     |
|              |              |      |                      |          | 15     |
|              |              |      |                      |          | 15     |
|              |              |      |                      |          | 10     |
|              |              |      |                      |          | 10     |
|              |              |      |                      |          | 10     |
|              |              |      |                      |          | 10     |
|              |              |      |                      |          |        |
|              |              |      |                      |          | 5      |
|              |              |      |                      |          | 5      |
|              | Out-;ta.ding |      |                      | XHds     | XHds   |

Revised 7/2012





### Entomology Judging Packet







### **MEMORANDUM**

**SUBJECT:** 2017-2018 District 10 4-H Entomology Judging Contest

**DATE:** Friday, December 8, 2017 – Entomology Judging

Our Lady of the Hills High School

235 Peterson Farm Road

Kerrville, TX 78028

REGISTRATION: Registration on 4-H Connect as follows:

Regular Registration: October 24 - November 7, 2017

Late Registration: November 8-9, 2017 ONLY

COST: Regular Registration: \$10 per individual

LATE Registration: \$35.00 per individual

\*\*\*This is the regular registration cost plus a \$25 late fee\*\*\*

**AGE DIVISIONS:** There will be three age divisions for all Judging Contests. Age

division is determined by the 4-H'ers birthday as of August 31, 2017.

Juniors – 3<sup>rd</sup> Grade (and 8 years old) – 5<sup>th</sup> Grade

Intermediates – 6<sup>th</sup> – 8<sup>th</sup> Grade

Seniors – 9<sup>th</sup>- 12<sup>th</sup> Grade (has not surpassed their 18<sup>th</sup> birthday as of

August 31, 2017)

TEAM/

**INDIVIDUAL:** Counties may enter as many teams and up to 2 individuals in judging

contests in each age division. All youth entered in each age division will be

eligible for high point individual awards.

**MATERIALS:** Answer packets/placing cards will be provided for all participants at the

judging contests. Contestants will be required to bring two (2) #2 pencils

and one clipboard.





### Beef & Horse Quiz Bowl Packet







SUBJECT: 2017-2018 Beef and Horse Quiz Bowls

**DATE:** Saturday, December 9, 2017

**LOCATION:** Our Lady of the Hills High School

235 Peterson Farm Road

Kerrville, TX 78028

### **SCHEDULE:**

8:30 am Registration Opens

**9:00 am** Orientation for Contestants

9:15 am Quiz Bowls Begin

Presentation of awards immediately following the completion of the contest

### **ENTRIES:**

Counties may enter as many teams as they wish in each age division for the District Contest. Teams consist of three (3) or four (4) youth who are in the same age division. An exception to the age division is that juniors may move up to compete with an intermediate team but intermediates or seniors may not move up or down to a different age division. There are no individual entries in this contest

### **CONTEST RESOURCES:**

### **General Quiz Bowl**

- Texas 4-H Quiz Bowl Guide <a href="https://texas4-h.tamu.edu/events/roundup/">https://texas4-h.tamu.edu/events/roundup/</a>
- Texas 4-H Quiz Bowl Score Sheet to be added when state rules are updated.

### **Beef Quiz Bowl**

- Texas 4-H Beef Quiz Bowl Supplement this includes the list of resources that
  questions can be pulled from. <a href="https://texas4-h.tamu.edu/events/roundup/">https://texas4-h.tamu.edu/events/roundup/</a>
- Beef Quiz Bowl Sample Questions to be added when state rules are updated.

### **Horse Quiz Bowl**

Texas 4-H Horse Quiz Bowl Supplement – this includes the list of resources that
questions can be pulled from. <a href="https://texas4-h.tamu.edu/events/roundup/">https://texas4-h.tamu.edu/events/roundup/</a>

### **ADDITIONAL CONTEST RULES:**

1. Counties may enter as many teams as they wish in the District contest in each division.





### Nutrition Quiz Bowl Packet







SUBJECT: 2017-2018 NUTRITION QUIZ BOWL

**CONTEST DATE:** Saturday, December 9, 2017

**LOCATION:** Our Lady of the Hills High School

235 Peterson Farm Road

Kerrville, TX 78028

**SCHEDULE:** 

**9:00am** Agent Advisors

**9:15 am** Registration Opens

**9:45 am** Orientation for Contestants

10:00 am NQB Begins

Presentation of awards immediately following the completion of the contest

### **ENTRIES:**

Counties may enter as many teams as they wish in each age division for the District Contest. Teams consist of three (3) or four (4) youth who are in the same age division. An exception to the age division is that juniors may move up to compete with an intermediate team but intermediates or seniors may not move up or down to a different age division. There are no individual entries in this contest.

### **DISTRICT CONTEST RESOURCES:**

This contest helps participants increase their knowledge of basic nutrition, consumer information, food and kitchen safety, food preparation skills and storage, and nutrition and health. This contest will follow the rules and procedures listed in the Texas 4-H Quiz Bowl Study Guide, 4-H 3-2.030. The State 4-H Food & Nutrition Quiz Bowl Study Guide should be utilized for support information. <a href="http://fcs.tamu.edu/food-and-nutrition/4-h-youth-food-and-nutrition/">http://fcs.tamu.edu/food-and-nutrition/4-h-youth-food-and-nutrition/</a> under 2018 State 4-H Food & Nutrition Quiz Bowl Study Guide (PDF).

### Official references by age group include:

### <u>Juniors</u>

- → Safe Home Food Storage (Texas AgriLife Extension publication B-5031, rev. 8/02)
- → Nutrient Needs at a Glance (Texas AgriLife Extension publication E-589, rev. 7/11)
- → USDA My Plate

http://www.choosemyplate.gov/healthy-eating-tips/ten-tips.html

Focus on these tip sheets:

Choose MyPlate Got Dairy Today?

Add more Vegetables to Your Day With Protein Foods, Variety is Key Focus on Fruits Healthy Eating for Vegetarians

Make Half Your Grains Whole Salt and Sodium

Be Food Safe

http://www.cnpp.usda.gov/Publications/MyPlate/GettingStartedWithMyPlate.pdf

→ Dietary Guidelines for Americans Executive Summary (DGA): https://health.gov/dietaryguidelines/2015/resources/2015-2020 Dietary Guidelines.pdf

### **Intermediates**

- → All Junior References PLUS
- → AAFCS Food: A Handbook of Terminology, Purchasing and Preparation, 11<sup>th</sup> edition
- → <u>Academy of Nutrition and Dietetics Complete Food and Nutrition Guide</u>, 5<sup>th</sup> edition; Chapter 1, Page 3-20.

### **Seniors**

- → All Junior and Intermediate Resources PLUS
- → Academy of Nutrition and Dietetics Complete Food and Nutrition Guide, 5<sup>th</sup> edition.





## Public Speaking & Educational Presentations Packet







SUBJECT: 2017-2018 DISTRICT 10 4-H Public Speaking & Educational

**Presentation Contests** 

LOCATION: Our Lady of the Hills High School

235 Peterson Farm Road

Kerrville, TX 78028

REGISTRATION: Regular Registration: October 24-November 7, 2017

Late Registration: November 8-9, 2017 ONLY

### **SCHEDULE FOR THE DAY:**

11:30 am Agents Meeting & Set up contest rooms, registration, etc.

12:00-1:00 pm Judges & Contestant Registration 1:00 pm Judges & Contestant Orientation

1:30 pm Contests Begin in assigned locations with Awards (Contestants will not be

allowed into their judging rooms until the room superintendent and judges have set-up the room. Please wait outside until the room superintendent

invites you in).

The following information is included in the packet:

- Contest Eligibility and Participation for State 4-H Roundup
- Judges and Helpers Information
- Maps

# District Public Speaking & Educational Presentation Rules and Information

### <u>District Public Speaking & Educational Presentation Rules and Information</u>

### **DISTRICT REGISTRATION:**

Regular Registration: October 24 – November 7, 2017 on 4-H Connect

Late Registration: November 8-9, 2017 ONLY on 4-H Connect

The registration fee will be \$10.00 per event entered/per child. A \$25 Late Fee will be added to all those who register November 8-9, 2017 bringing registration to a total of \$35 if

late.

### **DISTRICT ENTRIES:**

4-Hers who will be participating in District 10 Round-Up will be allowed to enter a maximum of one (1) contest from table below.

| Contest Choices            |
|----------------------------|
|                            |
| Texas 4-H Round-Up         |
| Thursday Contests          |
| Beef                       |
| Clothing & Textiles        |
| Companion Animals          |
| Health                     |
| Horse                      |
| Open ANR                   |
| Open FCS                   |
| Open (General)             |
| Promote 4-H                |
| Safety & Injury Prevention |
| Sheep and Goat             |

### **VOLUNTEERS TO JUDGE ROUNDUP CONTESTS:**

Each county is asked to send at least two (2) judges for Educational Presentations and one (1) judge for Public Speaking. District Roundup Contests will need volunteers to serve as judges and assist with other contests. If you are interested in judges at any of the District Contests, please let us know as soon as possible.

### MAPS:

Map to Our Lady of the Hills School is attached.

### **PUBLIC SPEAKING RULES:**

- 1. Public Speaking is an individual contest. No team entries.
- 2. No props, visual aids, or audio/video recordings are permitted.
- 3. Time limit for public speaking presentations is 5-7 minutes.
- 4. Topic should relate to current events related to youth.
- 5. Counties may enter as many Junior, Intermediate and Senior entries in public speaking as they wish.

Public Speaking Rules and Score Sheets can be found at: <a href="http://texas4-h.tamu.edu/wp-content/uploads/Public-Speaking-Score-Sheet.pdf">http://texas4-h.tamu.edu/wp-content/uploads/Public-Speaking-Score-Sheet.pdf</a>

### **EDUCATIONAL PRESENTATION RULES:**

- 1. **Junior, Intermediate and Senior Entries** Counties may enter as many entries in each Educational Presentation Contest. For example, a county could have 2 presentations in Junior Health and 3 in Junior Horse.
- 2. County entries may involve 1 to 5 4-H members. All members will need to have a role in the presentation.
- 3. <u>LCD projectors and computers will be provided for each contest room by the superintendent.</u> Superintendents are to furnish an easel for the contest for which they are responsible.
- 4. The Time limit for Educational Presentations is 12 minutes for presentation and 9 minutes for set up/take down.
- 5. All awards will be presented in the contest room.
- 6. 2018 Roundup Guide is currently available on the Texas 4-H website.

  Website link: <a href="https://texas4-h.tamu.edu/events/roundup/">https://texas4-h.tamu.edu/events/roundup/</a> (has not been updated for 2017-2018 4-H Year as of 9/1/2017) Refer to it for specific rules for each Educational Presentation Contest.
- 8. Educational Presentation Scoresheets can be found at: <a href="http://texas4-h.tamu.edu/wp-content/uploads/Educational-Presentations-Score-Sheet.pdf">http://texas4-h.tamu.edu/wp-content/uploads/Educational-Presentations-Score-Sheet.pdf</a>

### District Roundup Contest Information

# Score Cards for Public Speaking & Educational Presentations



### SCORE SHEET FOR PUBLIC SPEAKING

| Name:               |             |                     | Coun :   |                  | 8          | core | es wi    | iff b | е            |  |  |  |
|---------------------|-------------|---------------------|--|------------------|------------|------|----------|-------|--------------|--|--|--|
| Age Division:       |             | Junior              | Intermediate                                   | Senior           |            |      |          | efore |              |  |  |  |
| Presentation Title: | •           |                     |  | being returned   |            |      |          |       |              |  |  |  |
| Time (5-7 minutes)  | Start Time: | End Time:           | Elapsed Ti                                     | me:              |            |      | "tJ<br>O | 1;    | .2<br><br>!! |  |  |  |
| Judges' Comments    | 5           | Factors for Scoring |  |                  |            |      | \!1      | UJ    | :1<br>!!!    |  |  |  |
|                     |             | С                   | omposition and Organization                    | (40 points)      |            |      |          |       |              |  |  |  |
|                     |             | 1                   | . Introduction                                 |                  | <b> </b> . |      |          |       |              |  |  |  |
|                     |             |                     | a. Attention of audience g                     | jained           | 1          | 2    | 3        | 4     | 5            |  |  |  |
|                     |             |                     | b. Importance of subject e                     | established      | 1          | 2    | 3        | 4     | 5            |  |  |  |
|                     |             |                     | c. Purpose clearly stated                      |                  | 1          | 2    | 3        | 4     | 5            |  |  |  |
|                     |             | 2                   | 2. Body  |                  |            |      |          |       |              |  |  |  |
|                     |             |                     | a. One centraltheme                            |                  | 1          | 2    | 3        | 4     | 5            |  |  |  |
|                     |             |                     | b. Informationaccurate-so                      | ource given      | 1          | 2    | 3        | 4     | 5            |  |  |  |
|                     |             |                     | c. Information current                         |                  | 1          | 2    | 3        | 4     | 5            |  |  |  |
|                     |             |                     | d. Logicalsequence                             |                  | 1          | 2    | 3        | 4     | 5            |  |  |  |
|                     |             | 3                   | 3. Summary                                     |                  |            |      |          |       |              |  |  |  |
|                     |             |                     | a. Major points emphasize                      | ed               | 1          | 2    | 3        | 4     | 5            |  |  |  |
|                     |             | D                   | elivery (60 points)                            |                  |            |      |          |       |              |  |  |  |
|                     |             | 2                   | I. Appearance                                  |                  |            |      |          |       |              |  |  |  |
|                     |             |                     | a. Grooming and dress                          |                  | 1          | 2    | 3        | 4     | 5            |  |  |  |
|                     |             |                     | b. Poise and posture                           |                  | 1          | 2    | 3        | 4     | 5            |  |  |  |
|                     |             | Ę                   | 5. Voice clear and understood                  | k                | 1          | 2    | 3        | 4     | 5            |  |  |  |
|                     |             | 6                   | 6. Appropriate vocaldynamic                    | s                | 1          | 2    | 3        | 4     | 5            |  |  |  |
|                     |             | 7                   | 7. Correct use of grammar                      |                  | 1          | 2    | 3        | 4     | 5            |  |  |  |
|                     |             | 3                   | B. Eye contact with audience                   |                  | 1          | 2    | 3        | 4     | 5            |  |  |  |
|                     |             | Ş                   | <ol> <li>Appropriate use of gesture</li> </ol> | s/body language  | 1          | 2    | 3        | 4     | 5            |  |  |  |
|                     |             | 1                   | 0.Uniqueness of presentation                   | n                | 1          | 2    | 3        | 4     | 5            |  |  |  |
|                     |             | 1                   | 1.Audience appeal                              |                  | 1          | 2    | 3        | 4     | 5            |  |  |  |
|                     |             | 1                   | 2.Educational value                            |                  | 1          | 2    | 3        | 4     | 5            |  |  |  |
|                     |             | •                   | 13.Questions                                   |                  |            |      |          |       |              |  |  |  |
|                     |             |                     | a. Accuracy of answers                         |                  | 1          | 2    | 3        | 4     | 5            |  |  |  |
|                     |             |                     | b. Poise and self-confidence                   | ce               | 1          | 2    | 3        | 4     | 5            |  |  |  |
|                     |             |                     | Total Score (                                  | Max 100 points)  | 1-         |      |          |       |              |  |  |  |
|                     |             |                     | Overtime Penal (2 points                       | s per J2 minute) | 1 -        |      |          |       |              |  |  |  |
|                     |             |                     |  | FINAL SCORE      | 1          |      |          |       |              |  |  |  |
|                     |             |                     |  | Judge's Initials |            |      |          |       |              |  |  |  |

### JUDGE'S & CONTEST HELPER FORM

### 2017-2018 District 10 Public Speaking Judge's / Helpers List DUE TO COUNTY OFFICE: November 3, 2017

E-MAIL TO: Angie at <u>aogutierrez@ag.tamu.edu</u> or Frances at frances.moreno-elizo@ag.tamu.edu

Agent Submitting Information: ANGIE GUTIERREZ County: BEXAR Name **Educational Presentation Public Speaking** Address City, Zip Code CANNOT Phone JUDGE: (include age division as well as category) E-mail Name **Educational Presentation Public Speaking** Address City, Zip Code Phone **CANNOT** JUDGE: E-mail (include age division as well as category) Name **Educational Presentation Public Speaking** Address City, Zip Code **CANNOT** Phone JUDGE: (include age division as well as category) E-mail Name **Educational Presentation Public Speaking** Address City, Zip Code **CANNOT** JUDGE: Phone (include age division as well as category) E-mail Name **Educational Presentation Public Speaking Address** City, Zip Code

Phone

E-mail

CANNOT JUDGE:

(include age division as well as category)

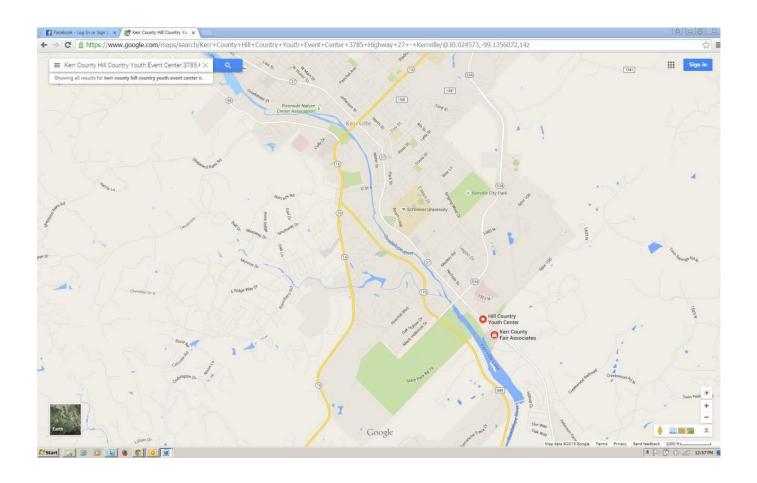




### Maps

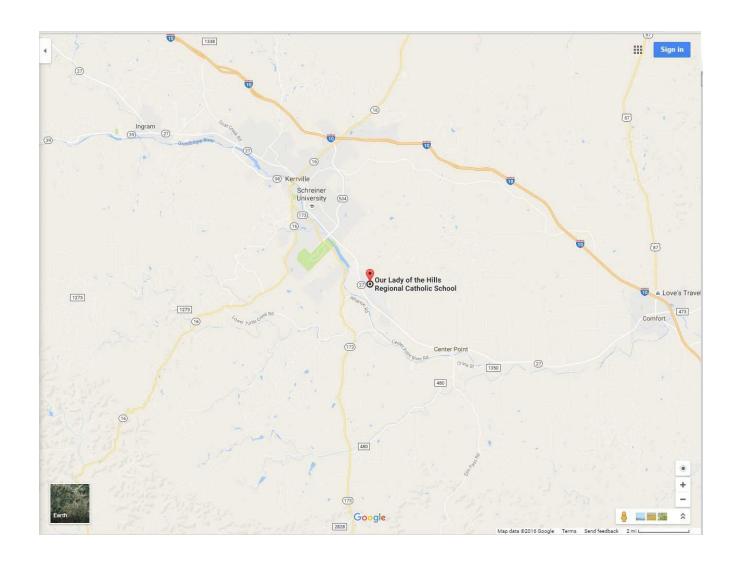
### Food Show and Food Challenge:

Kerr County Hill Country Youth Event Center 3785 Highway 27 Kerrville, TX 78028



## Beef Quiz Bowl, Horse Quiz Bowl, Nutrition Quiz Bowl, Public Speaking, Educational Presentations and Entomology:

Our Lady of the Hills High School 235 Peterson Farm Road Kerrville, TX 78028





### \*DUE TO THE COUNTY EXTENSION OFFICE: Wednesday, November 29, 2017

### Texas A&M AgriLife Extension Service Declaration of Eligibility Form



This information is requested in accordance with the provisions of the Texas Education Code and in cooperation with the Texas Education Agency and local public school board policies.

| Parent/Guardian/County Extension Agent - Complete This Section  |  |  |  |  |  |
|---|--|--|--|--|--|
| In accordance with 4-H policy, provided by our local Extension office, I respectfully request (check ( $$ ) one):   |  |  |  |  |  |
| □ Academic eligibility information only   |  |  |  |  |  |
| $\underline{\mathbf{X}}$ Academic eligibility information $\underline{\mathbf{and}}$ authorization to receive an excused absence from school  |  |  |  |  |  |
| Date: December 8 – 9, 2017 Name of Activity: District Fall 4-H Roundup Contest  |  |  |  |  |  |
| Date(s) to be absent from school:   |  |  |  |  |  |
| Signature of Parent/Guardian:   |  |  |  |  |  |
| I hereby certify that is a member of 4-H in Bexar County and is scheduled to participate in this activity representing 4-H. He/she will be under the supervision of Texas A&M AgriLife Extension Service faculty or agency's designated volunteer leader. |  |  |  |  |  |
| September 18, 2017 Date  Matalu Cewartis  County Extension Agent  |  |  |  |  |  |
| Date County Extension Agent   |  |  |  |  |  |
| Principal - Complete This Section   |  |  |  |  |  |
| Check (√) one:  |  |  |  |  |  |
| ☐ I do certify that the student is academically eligible to participate in the above mentioned extracurricular activity on dates(s) listed above.   |  |  |  |  |  |
| ☐ I do not certify this student because he/she is NOT academically eligible to participate in the above mentioned extracurricular activity.   |  |  |  |  |  |
| Check $()$ one:   |  |  |  |  |  |
| $\Box$ An excused absence will be granted <u>on dates(s) listed above</u> .   |  |  |  |  |  |
| ☐ An excused absence will not be granted.   |  |  |  |  |  |
| $\Box$ Does not apply.  |  |  |  |  |  |
| Signed: Date: Principal or Designee   |  |  |  |  |  |
| Name of School  |  |  |  |  |  |

Instructions:

4-H member should return form to the County Extension Office. Return to: Bexar County 4-H, 3355 Cherry Ridge, S-212, SA, Tx. 78230 or fax to 210/631-0429 or email to <a href="mailto:paxtell@ag.tamu.edu">paxtell@ag.tamu.edu</a>. Schools requiring a copy of this form should make a copy before returning it to the student. 4-H members should also make a copy for their file before returning it to the County Extension Office.





### 4-H Motto and Pledge

In support of the 4-H Club Motto: To Make the Best Better

I pledge: My Head to clearer thinking, My Heart to greater loyalty, My Hands to larger service, and My Health to better living, for my club, my community, my country, and my world

