

**2009 MONTGOMERY COUNTY
VISUAL PRESENTATIONS RULES AND REGULATIONS**

1. You do not have to be enrolled in the project you are demonstrating, however it is highly recommended that you consider your current project areas in order to fulfill the Communications aspect of the project completion.
2. Demonstrations and illustrated talks are to be considered on equal par with regard to judging criteria. Both categories are required to have visuals (posters, props, ingredients, materials, etc...). Demonstrations explain a step-by-step procedure and will have a finished product displayed at the end.
3. 4-H'ers may enter one demonstration or illustrated talk in the Visual Presentations contest, either as an individual or team.
4. 4-Hers will be judged in three age-appropriate groups without regard to the topic of the demonstration or illustrated talk. The time limit for Juniors (4-H age 8-10) and Intermediates (4-H age 11-13) is 5 to 10 minutes. The time limit for Seniors (4-H age 14 -18) is 10-15 minutes. Questions from the judges will follow the presentation.
5. Clovers (4-H age 5-7) are allowed to give a visual presentation of up to 5 minutes. They will be awarded a participation ribbon and not be judged.
6. Participants must furnish all their own equipment and supplies. A table and easel is provided for all presentations, and a stove and refrigerator is available for food presentations. Tables will be set up in the hall so demonstrators can pre-arrange trays to save time and improve the appearance of the demonstration. Boxes of supplies should not be carried into the room and set on the demonstration table.
7. Each 4-Her is to do all his/her own work, including set up and take down. The hostess may assist, but parents must not assist. Demonstrators with parental help are ineligible for Champion.
8. Visual presentations should not be memorized. It is suggested that notes be used and written on cards. The demonstrator should strive to fill any long periods of silence with useful information to enhance the presentation. In other words, keep talking throughout!
9. Food demonstrations must include information about nutritional value, the steps in its preparation, an occasion or purpose for the dish, and a finished product. The judge may or may not choose to taste food samples; no food samples may be offered to the audience. A recipe card that lists the product's name, list of measured ingredients (in order of use), instructions for preparation, oven temp, pan size, cooking time, and number of servings must be brought for the judges' use.
10. Blue, red and white ribbons will be presented based on the Danish method (according to their own merit). A Champion and Reserve Champion will be awarded from each age group: Juniors, Intermediates, and Seniors.
11. Senior 4-Hers may enter in either the Egg Preparation Contest or Horticulture Demonstration Event in addition to a regular visual presentation. Depending on the results at the county level, qualified 4-Hers may be given the chance to participate at the State Fair contests, which could lead to the awarding of national trips. See separate guidelines for the Egg Preparation Contest. Horticulture contestants must be enrolled in horticulture or a related project to participate.

MONTGOMERY COUNTY EGG PREPARATION & DEMONSTRATION CONTEST FOR SENIORS

1. The contestant will present a demonstration on the preparation of an egg dish, which may utilize prepared packages of food ingredients (i.e., grated cheese) or canned items (i.e., tomato paste).
2. The egg dish must contain a minimum of:
 - 1/2 egg per serving if the dish is classified as an appetizer, snack, dessert, or beverage and
 - One (1) egg per serving if the dish is classified as a salad or main dish.These numbers represent eggs to be broken; however, use of the entire egg is not required.
3. The presentation may not be more than 12 minutes in length. An additional 3 minutes will be allocated for the judges to ask questions of the contestant.
4. The demonstration should include:
 - (a) information about eggs, nutritional value, preparation and storage, functional properties, grading and sizing, versatility, economics of cooking with eggs, and food safety;
 - (b) steps in the preparation of the dish;
 - (c) a finished dish ready for sampling by the judges. Participant must provide paper plates and plastic utensils suitable for serving samples to the judges. Samples will not be provided to the audience.
5. Contestants must furnish a recipe card to the judges with the name of recipe, list of ingredients (in order of use), instructions for combining ingredients including clear concise instructions for every step using correct food preparation terms, pan type/size used, temperature and cooking time; and number of servings and calories.
6. Contestants must furnish their own supplies and are responsible for cleaning their area after their demonstration. Posters and tabletop displays are allowed, but must be the work of the contestant. The contestant may use computers, stencils and other tools in preparing the displays. One easel will be provided. Other props, costumes, slides or videos will not be permitted.
7. Notes or outlines are permitted, but excessive use of them by the contestant will reflect in the scoring.
8. At the state level, any items or markings that identify the contestant or their 4-H County/City are not allowed on the contestant's person, recipe card or on the posters/displays. *This should be taken into account when preparing county-level materials.*
9. The demonstration will be evaluated on presentation, recipe, and finished-product quality.
10. Additional rules and regulations may be obtained from the State 4-H Office or on the Maryland 4-H website: www.maryland4h.org. Click on "forms."

2009 HEALTHY LIFESTYLES COMPETITION REGISTRATION FORM

Saturday, March 21 Entries due at 8:45 am

Deadline for Registering: March 13

Mail form to Montgomery County 4-H Office, 18410 Muncaster Road, Derwood, MD 20855

Name _____ 4-H Age _____

Address _____

Phone Number _____ Club _____

I would like to enter the following exhibits in the Healthy Lifestyles Competition:
(Enter as many categories as you'd like.)

_____ Poster _____ Food Science Exhibit _____ Menu

_____ Tablesetting (____ Formal ____ Informal)

_____ I will not have an exhibit but would like to attend the two workshops on
"Strengthening the Foods Demo" and "Cupcake Decorating" beginning at 9: 00 am

2009 VISUAL PRESENTATIONS DAY REGISTRATION FORM

Saturday, April 18, 8:30 am

Deadline for Registering: April 8

Mail form to Montgomery County 4-H Office, 18410 Muncaster Road, Derwood, MD 20855

Name _____ 4-H Age _____

Address _____

Phone Number _____ Club _____

I would like to give a _____ Demonstration _____ Illustrated Talk

The topic or title of my presentation is _____

FOR SENIORS ONLY

(Seniors may enter a visual presentation, above, and/or the special contests below that could lead to state participation.)

I would like to enter in the

_____ Egg Preparation Contest _____ Horticulture Demonstration Event

The topic or title of my presentation is _____