



UTAH 4-H STATE CONTESTS

For more information, guidelines, and awards for these contests, go to <http://utah4-h.org> or visit your County Extension Office.

4-H Demonstrations: Demonstration dealing with one of the three mission mandates -
1) Science, Engineering and Technology,
2) Healthy Living Education, or 3) Citizenship.
Presentations should not exceed 20 min.
(May win in all 3 areas)

***4-H Public Speaking:** Participants give a 6-8 minute original speech specifically related to their personal 4-H experience.

Chef Extraordinaire: An individual or team of two prepare and serve a meal for 4 guests and a judge within a three hour time limit.

Congress Interviews: Participants prepare their 4-H Portfolio and submit it to the State 4-H Office by February 15. The portfolios are then judged and the top individuals will be invited for an interview at State 4-H Contests.

***Consumer Bowl:** Participants work as a team to answer various questions from all sections of family consumer sciences — foods & nutrition, clothing & textiles, financial management, consumer decision making, and child care.

***Fashion Consumer Strategies:** Select and model an outfit for a set of judges, sharing decisions made in the selection of the outfit. They also demonstrate decision making skills in selecting the most suitable of three outfits.

***Fashion Revue:** Participants are judged on clothing construction; modeling, fit, confidence, poise, and how well they respond in an interview during the modeling portion. There are two categories - beginning and advanced.

Favorite Foods: Participants are judged on selection, knowledge and presentation of a favorite food.

Healthy Cuisine: An individual or team of two prepare and serve a quick, nutritious meal in one hour.

***Horse Bowl:** Participants work as a team to answer various horse science oriented questions.

***Horse Demonstrations:** Demonstration of skills or methods learned in any area in the 4-H Horse Project. Presentations should not exceed 20 minutes in length. May compete as team of two or as an individual.

***Horse Judging:** Participants evaluate horses. Individual scores will be added to comprise a team score.

***Horse Public Speaking:** A 7-10 minute original talk on any appropriate topic related to the horse industry.

***Impromptu Public Speaking:** Participants will give a 3-5 minute speech on a randomly selected topic.

***Livestock Bowl:** Participants work as a team to answer various livestock oriented questions.

***Livestock Judging:** Participants evaluate livestock: beef (market and breeding), sheep and swine. Individual scores will be added to comprise a team score.

***Quilting Demo:** Participants will construct a quilt and demonstrate a skill or method used in the construction of the quilt. Participants will be judged on quilt construction and the demonstration.

Shooting Sports: Each participant may compete in three shooting activities, an outdoor skills test, and complete a written test. The three shooting activities include: archery, rifle, and shotgun.

Talent: All performances need to be under five minutes since the major focus of the State 4-H Talent Show is entertainment. Categories include: dance, piano, variety, vocal, and instrumental.

Video Production: Participants are to develop short film using their choice of music and video production techniques while at State Contests. The participants will have 24 hours to create a short film using a unique film element announced the first day.

World of Work: Participants submit a resume and job application and then they interview with human resource professionals.



TRACKS

4-H ReDesign - Let the designer in you go wild in this three hour track! No sewing involved to create these outfits using redesign techniques!

Cookin' Up Fun - Discovering Delicious & Nutritious Desserts! Expand your cooking knowledge with this fun three hour hands-on workshop, where participants will learn and make tasty and healthy desserts. No previous cooking experience necessary.

Green Scene - Discover how teens can help take care of our planet through simple activities. Investigate energy by racing solar cars, make a reusable lunch/grocery bag and many other fun, hands on activities are in store.

Robots & Rockets - We will have a blast as we launch robots, test robots and learn about all kinds of robot and rocket competitions your 4-H club can get involved in.

***State Contests Winners also win the right to compete in a National Contest.**