

Fort Bend 4-H County Roundup Contests

Fort Bend 4-H County Roundup is the starting point for youth to advance to district competitions. As such, we will adhere to District 9 4-H rules and guidelines, available at <http://d94-h.tamu.edu/eventsandcontests/bigtime/>. In case there are no District 9-specific rules, the Texas 4-H rules and guidelines will apply. These are available at <http://texas4-h.tamu.edu/events/roundup/>.

CONSUMER DECISION MAKING

Individual Contest (not open to Clover Kids)

This contest will include eight judging classes and oral reasons. Seven classes are selected from the current Consumer Decision-Making (CDM) Study Guide; the eighth class is a “mystery” class. Participants are given seven minutes to place each class and two minutes to present oral reasons. The Senior Division will need to know how to calculate the tax rate on merchandise.

The categories in the current CDM Guide include: Jeans, Athletic Shoes, Active Wear, Computers, Digital Cameras, Nutritious Snacks, Fast Food Meals, Cookware, Outdoor Equipment and Outdoor Backpacks.

DUDS TO DAZZLE

Teams have 3-4 Members (not open to Clover Kids)

Juniors and Intermediates may combine to form a team, but must compete in the Intermediate division. Senior division teams cannot be mixed.

Duds to Dazzle is a contest that allows members the opportunity to demonstrate knowledge and skills learned in the 4-H Clothing and Textiles project. This contest focuses on making a viable product by recycling a textile that no longer serves its original purpose. Teams of 3 to 5 members will create a repurposed item from a predetermined textile. The teams will have 60 minutes to design and construct their product, which will fit into one of these three categories: Wearable, Accessory/Jewelry and Non-Wearable.

Each team will give a presentation to a panel of judges explaining their design process and the steps taken to create the end product, how the item would be cared for, safety precautions taken into consideration, the target audience and purchasing venue, and the price for the sale of their created merchandise.

EDUCATIONAL PRESENTATION

A 4-H educational presentation is a demonstration of your knowledge and skills in a certain project area. This presentation is done in a way that is most comfortable to you. It can be accomplished using props

(method demonstration), posters or media presentations (illustrated talk), or it can be you just speaking and convincing, or simply educating, with words alone (public speech). Maximum 12 minutes per presentation.

IMPORTANT NOTE ON TEAMS: No mixed division teams will be allowed.

1. Agricultural Technology & Farm Safety Educational Presentation

Individual or Team of 2

Any current or future subject that addresses topics such as:

- Biotechnology
- Biogenetics
- Bioengineering
- Mechanical engineering
- Farm safety
- Use of technology, research, laser, satellites or advancements made in agricultural practices through the use of technology, computer systems, or cutting-edge ideas.

2. Animal Science Educational Presentation

Individual or Team 2

Any current or future subject that addresses any aspects of the dairy, poultry, sheep, goat, swine, or specialty animal industries such as embryo transfer and invitro-fertilization. Beef related presentations should fall under the beef category

3. Beef Educational Presentation

Individual or Team of 2

4-H members will give an educational presentation on all aspects of the U.S. beef industry. Presentations may target cow-calf, stocker, or feedlot industry sectors.

Suggested presentation topics:

- Reproductive technologies
- Nutritional management
- Health
- Breeding and genetic considerations
- Behavior
- Beef carcasses and end-products
- Production costs
- General management aspects
- Cattle marketing

4. Health & Wellness Educational Presentation

Individual or Team of 2

Presentations should focus on healthy lifestyles, prevention and wellness, not illness/treatment. It is suggested that project experiences in this area include topics aimed at youth health, wellness and prevention and that the educational presentations be shared with other youth groups in the community to promote healthy lifestyles.

All presentations must be supported by science based and current medical/ health journal articles (e.g., Journal of the American Medical Association, Annuals of Internal Guide Medicine) or research based websites. No .com resources are allowed. Additional resources could come from Texas A&M AgriLife Extension Service, Centers for Disease Control and Prevention, and Texas Department of Health.

Suggested presentation topics:

- Increasing physical activity
- Tobacco prevention
- Alcohol prevention
- Sun safety
- Preventing the spread of the cold & flu
- Sleep
- Reducing stress

5. Horse Educational Presentation

Individual or Team of 2

Presentation is to cover the theory and/or practical skills learned in the 4-H horse project and should be appropriate for presentation at a 4-H club meeting. After hearing the presentation, the audience should be able to put information into practice to improve their production, management, training, or horse use knowledge and/or skills.

6. Open Educational Presentation

Individual or Team of 2

Presentation can cover skills learned in a project in which the 4-H member has been involved. Make sure your presentation is not better suited for another category.

7. Open – Agriculture and Natural Resources Educational Presentation

Individual or Team of 2

Presentation should cover knowledge or skills learned in the field of Agriculture and Natural Resources. Before entering this category, make sure the presentation does not fit any other related educational presentation category.

Topics may include:

- Agronomy/crop production
- Farm and ranch economics

- Horticulture
- Meat science
- Shooting sports related fields
- Other ANR field of study

8. Open – Family and Consumer Sciences Educational Presentation

Individual or Team of 2

Presentation should cover knowledge or skills learned in the field of Family and Consumer Sciences. Before entering this category, make sure the presentation does not fit any other related educational presentation category.

Topics may include:

- Consumer life skills
- Food and nutrition
- Housing and home environment
- Other FCS field of study

*Health related topics, which could include such things as increasing physical activity, tobacco and alcohol prevention, sun safety, preventing spread of colds and flu, sleep, and reducing stress, should compete under health educational presentation.

9. Promote 4-H Educational Presentation

Individual or Team of 2

The purpose of this contest is to:

- Encourage 4-H members to develop promotion and marketing skills as they market and interpret 4-H through various types of media and presentations.
- Increase the promotion of 4-H to non-4-H audiences in Texas.
- Increase the number of people who join and support the 4-H program.

The 4-H promotion should convey a contemporary image of 4-H in a changing society. Promotional methods might include: radio, television, illustrated talks, method demonstrations, newspaper, posters, projected images, exhibits, photographs, slide/tape presentations, puppets, PSA's, speeches, drama, skits, videos, computer programs, etc. Contestants identify a non-4-H audience and demonstrate a promotional method which communicates the ideas or ideals of the 4-H program. Before entering this category, make sure your presentation does not fit any other related educational presentation category.

10. Safety & Injury Prevention Educational Presentation

Individual or Team of 2

Presentation which relates to safe equipment designs and safe procedures or methods associated with the prevention of accidents in work, home, or recreational environments. Topics may include accident prevention when operating motor vehicles, boats, home, farm or yard machinery. Also included are safety topics on handling chemicals and animals and prevention of accidents relative to falls, fire, electricity, hunting and natural disasters.

Suggested presentation topics:

- Drinking and driving
- Distracted driving
- Personal safety
- ATV safety
- Agri-terrorism
- General farm safety
- Pesticide safety
- Natural disasters (flooding, tornadoes, hurricanes, drought, etc.)
- Hunter safety education

FASHION SHOW

Individual Contest

The 4-H Fashion Show is a contest for members to apply their knowledge of fibers and fabrics to wardrobe selection, clothing construction or comparison shopping, fashion interpretation and understanding of style, good grooming and poise, and modeling and presentation of themselves and their garments. The Fashion Show has 3 divisions: Construction, Buying, and Natural Fiber.

Construction categories include:

- Everyday Living: Includes casual sportswear, weekend-wear, sleepwear, clothing for school, casual after- school events, or hanging out with friends
- ReFashion: The result of modifying existing clothing or fabric item (such as table cloth or curtain) into something more fashionable.
- Semi-Formal to Formal: Original material must be fabric and not from recycled items. Semi-formal is a little less formal than formal black tie.
- Theatre/Costume: Garment intended for use as a costume, which would include stage production.

Buying categories include:

- Business/Interview attire: Entry should be an outfit you would wear for a job interview, scholarship interview, job fair, or other professional event.

- Fantastic Fashions under \$25: This category is designed to expand the 4-H member's shopping experience to include different shopping venues. Outfits must be purchased at a garage sale, consignment store, Goodwill, Salvation Army, or other retail business.
- Semi-Formal to Formal: Original material must be fabric and not from recycled items. Semi-formal is a little less formal than formal black tie.
- Special Interest: Entry should be a specific outfit that you NEED to know how to purchase wisely. Entry should be something that reflects a special interest of the participant, such as equestrian clothing and riding apparel, dance costumes, hiking clothing, or rock
- Natural Fiber categories (in either buying or construction) include:
 - Cotton: Each garment entered must contain a minimum of 60% cotton. Knowledge of fiber characteristics, production, and end use is required.
 - Wool/Mohair/Alpaca: Each garment entered must contain a minimum of:
 - 60% wool and 40% other fiber
 - 60% mohair and 40% other fiber
 - 60% blend of the two fibers and 40% other fiber
 - 100% wool/mohair blend is also acceptable

FASHION STORYBOARD

Individual Contest

The 4-H Fashion Storyboard is an industry-inspired method of displaying original designs. The best storyboards create vivid visual images that are interesting and appealing to viewers. The storyboard "tells the story" of the designer's idea. The storyboard includes original illustrations and flats, as well as additional materials (such as photos from the internet or magazines, paper, fabric swatches, patterns, etc.) that have influenced the unique design.

A 4-H member may enter up to **ONE** storyboard from a categories.

- Wearable: Clothing that can be worn. Includes items such as pants, shorts, skirts, blouses, sweaters, coats, dresses, etc.
- Accessory: Includes items such as belts, purses, bags, hats, etc.
- Jewelry: Includes necklaces, bracelets, rings, and earrings.
- Pet Clothing: Includes items that can be worn by a pet or any other animal
- Home Décor: items that are easy to move and make a home visually appealing, Examples of home décor items include: throw pillows, table runner, or wall hanging
- Home Furnishings- items that make a home comfortable for living or working in. Ex: couch, ottoman, chair, tables, desks, beds

The following design brief serves as the direction for the 2020 Fashion Storyboards. 4-H members should create their Fashion Storyboard around their interpretation of the design brief.

Reinventing Fashion with History

See how history shaped fashion through the decades; from the roaring 20's to the groovy 70's, from the classic 30's to the vibrant 80s and the fashion "mash-up" during the 2010's. Each decade has its own style, look at the events, music and politics that influenced design during the different decades. This year reinvent fashion by the events that happened in a previous decade or a decade yet to come.

FOOD CHALLENGE

Team Contest of 3-4 Members (not open to Clover Kids)

Juniors and Intermediates may combine to form a team, but must compete in the Intermediate division. Senior division teams cannot be mixed.

The 4-H Food Challenge is a contest that allows 4-H members to demonstrate their culinary knowledge and skills. In 40 minutes, teams of 3 to 4 4-H members must develop a recipe and prepare a dish from a set of ingredients provided. The ingredients represent a recipe from one of the following categories: Main Dish, Fruits and Vegetables, Bread and Cereal, and Nutritious Snacks. Each team must provide their own supply box.

Teams then make a presentation to a judging panel, explaining the preparation steps, serving size, nutritional value, and cost of the dish. Judges are then given the opportunity to ask questions of the team.

FOOD SHOW

Individual Contest

The goal for the Food Show is to provide an opportunity for 4-H contestants to showcase their culinary, presentation and interview skills. Participants compete in one of four food categories: protein, fruits and vegetables, grains and dairy. First, the contestant will give a four-minute presentation to introduce themselves and their dish, then will be interviewed by judges regarding basic nutrition, food safety, and preparation, as well as project experiences. Finally, the participant will serve the judges a portion of their dish, allowing judges to visually evaluate the dish and allowing participants to demonstrate proper food handling techniques.

This year's 4-H Food Show theme, **GROCERY GAMES**...Let your local food sources guide your healthy recipe selection with only \$10 to spend!

Texas is a diverse state, in more ways than one! Some of us live in a metroplex with access to major supermarkets and aisles upon aisles of options. Others live in small towns supplied by a convenience store or a larger store if we are willing to travel. A few of us find fresh food in our own backyard garden. The rest of us are somewhere in between! This year, we want you to be creative by using YOUR local food sources to create a dish on a budget. This year's Food Show will be especially unique as 4-H'ers bring foods created from the supermarket, the small-town convenience stores, the dollar stores, and even the garden! What are you bringing to the table?

Remember to keep in mind good nutrition and healthy preparation methods as you select your recipe.

NEW CATEGORIES: Appetizer, Main Dish, Side Dish, and Healthy Dessert

- Appetizer – Traditionally an appetizer is a small dish or food that is eaten prior to the main course. When selecting recipes for this category, contestants should consider foods that are lower in fat, sodium, and calories so as to not ruin one's appetite.
- Main Dish –The main dish is usually the heaviest, heartiest, and most substantial dish in a meal. In a meal consisting of several courses, the main dish is served during the main course and is the featured dish of the meal. The key ingredient is usually meat or another protein food, but they may contain other foods.
- Side Dishes – Side dishes are foods that are usually served along with a main dish or as accompaniments to the main course. Suggested dishes may include salads, cooked vegetables, cooked fruit, pasta or rice dishes, and/or combination vegetable dishes.
- Healthy Desserts – Healthy can still mean delicious when it comes to desserts. Dishes in this category should be served at the end of the meal or for special occasions. Contestants should modify traditional recipes with healthy substitutions and consider MyPlate and Dietary Guidelines when selecting recipes for this category.

PUBLIC SPEAKING

Individual Contest

Individuals will present a 5-to-7 minute talk suitable as a platform speech or radio broadcast. The presentation should serve to persuade others regarding a particular issue or concern. Props and visual aids are NOT permitted and recordings of any type may not be used. Contestants should be prepared to answer questions concerning the subject matter of their presentation. Suggested presentation topics: Current events, youth issues, or other topics related to youth.

SHARE-THE-FUN

Individual or Team of 2-9

IMPORTANT NOTE ON TEAMS: No mixed division teams will be allowed.

Share-The-Fun is a competitive event related to the Theater and Performing Arts project. 4-H members have the chance to develop a spirit of cooperation with their fellow 4-H members; develop self-confidence through public performance; stimulate interest in broad-based recreation in 4-H clubs; encourage 4-H members to discover and develop their talents; and to grow socially, culturally, and further develop leadership skills.

Categories include:

- Celebrate 4-H: May be a 4-H based story line, promoting 4-H, community service, a project or activity. This category may also address a specific youth issue and present ways in which this issue can be addressed through 4-H efforts.
- Choreographed Routines: No speaking to form a skit or story line. The act requires choreography and can be demonstrated through twirling, pom pom squad routines, jump rope teams, basketball dribbling exhibitions, or dance (jazz, tap, country & western, ballroom, etc.). Sign language presentations to music have been added to choreographed routines.
- Dramedy: This is an acting category. A dramedy (also known as a comedy-drama or comedic drama) is an act that combines elements of comedy and drama, having both humorous and sometimes serious content. Acts cannot incorporate 4-H related material

or theme. Skits can be currently available scripts, original material, or a combination of the two.

- Musical/Instrumental: Musical presentation may be musical instruments accompanied by background recorded music or an instrumental performance only. No accompanist will be allowed. Participants may not sing or incorporate a skit, poetry, prose, or choreography with their act.
- Poetry/Prose: Acts which showcase poetry or prose are required. The act may NOT incorporate vocal, musical, and/or choreographed routine. This category does not require 4-H related material, however, if an original poem or prose piece showcasing 4-H is written, this would be acceptable.
- Solo/Band Performance: This act incorporates a combination of vocal and musical/instrumental talents. Acts that are vocal only or musical/instrumental only are not to be entered in this category.
- Vocal: Vocal presentation may be done a cappella or with an accompaniment CD, iPod, or other mp3 player.

VETERINARY SCIENCE SKILL-A-THON

*Individual Contest. Limited to 4-H youth actively enrolled in the Veterinary Science Program.
(Not open to Clover Kids)*

This is a competitive event designed to test the knowledge and skills that a 4-H member can gain through his or her involvement in a Veterinary Science project. There are four components to the contest:

1. Written Exam: tests the participant's subject matter knowledge.
2. Skills Exam: hands-on component of the contest. Participants will perform the skills individually. Refer to the Texas 4-H Veterinary Science Clinical Skills Model to see which skills will be covered in each division of the contest division.
3. Identification Exam: includes veterinary Instruments, breeds (cattle, horses, sheep, goats, swine, dogs, and cats), parasites, and internal organs.
4. Communication: helps to develop public speaking skills.