



4-H YOUTH DEVELOPMENT PROGRAM



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What is 4-H? 4-H is the youth development component of the Cooperative Extension Service (CES). Its mission is to empower youth to reach their full potential while working and learning in partnership with caring adults.

Who sponsors 4-H? The County Extension Office in Palm Beach County is a partnership between the United States Department of Agriculture, the University of Florida's Institute of Food and Agricultural Sciences, and Palm Beach County.

4-H CLUB PLEDGE

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.

4-H PARTICIPATION IN THE SOUTH FLORIDA FAIR

The opportunities for 4-H members to participate in 4-H specific events at the South Florida Fair are many. They can serve as 4-H ambassadors during the fair, enter exhibits, conduct demonstrations/illustrated talks, try their skills at cooking during the 4-H Poultry BBQ Contest, and participate in large and small animal shows.

RIBBONS AND PREMIUMS

4-H Youth Exhibits

Grand Champion: Purple Rosette \$25
 (Junior, Intermediate and Senior Divisions)

Reserve Champion: Lavender Rosette \$10
 (Junior, Intermediate and Senior Divisions)

Blue Ribbon

Red Ribbon

White Ribbon

Green Ribbon (Cloverbud Participation)

4-H Youth Public Speaking

Grand Champion: Purple Rosette \$25
 (Junior, Intermediate and Senior Divisions)

Reserve Champion: Lavender Rosette \$10
 (Junior, Intermediate and Senior Divisions)

Blue Ribbon \$5.00

Red Ribbon \$4.00

White Ribbon \$3.00

Green Ribbon (Cloverbud Participation)

The South Florida Fair sponsors ribbons and premiums for 4-H youth competitions.

ONLY PROJECTS EARNING A GRAND CHAMPION OR RESERVE CHAMPION AWARD WILL BE EXHIBITED AT THE SOUTH FLORIDA FAIR.

4-H AGE DIVISIONS

Cloverbud: 5-7 years old

Junior: 8-10 years old

Intermediates: 11-13 years old

Senior: 14-18 years and older

Judging is based on the Danish system and the decisions of judges are final.

4-H members are also encouraged to participate in the other activities taking place at the South Florida Fair. There are community service and competitive opportunities in the areas of poultry, rabbit, dogs, horse, horticulture, livestock, and several others. Please refer to the rest of the Premium Book for more details regarding the dates, times, rules, and regulations in these areas.

EXHIBITS

Rules for 4-H Project Exhibits

1. Open to any Palm Beach County 4-H member between the ages of 5-18 years who is officially enrolled by **November 1** of the current 4-H year.
2. Youth **must** be enrolled in a related project area for each exhibit entry.

3. A 4-H member may enter a total of eight (**8**) **exhibits** in *different* categories. The only exception to this is vegetables. A youth may enter up to three (3) different types of vegetables in the vegetable category, each as a separate exhibit. All exhibits must be entered by an individual, not a group.
 4. All exhibits must be educational in nature, representing topics youth have learned from their project areas.
 5. Project areas and their categories are listed on the following page.
 6. All non-food exhibits, must have an exhibit card securely attached clearly printed or typed.
 7. Items must have been made or grown during the current 4-H year with exception of horticulture exhibits.
 8. All horticulture exhibits must have been planted or re-potted before **October 15** of the current 4-H year. Horticulture exhibits must include both the common and scientific name of the plant (s).
 9. All vegetable exhibits must have been planted or re-potted before **December 1** of the current 4-H year.
 10. No holiday items will be accepted.
 11. **Only items receiving Grand and Reserve awards will be exhibited.**
 12. Food and nutrition exhibits must be accompanied by a recipe on a 3"x 5" card. Include name, club, and 4-H age on card.
 13. For cookie, brownie, bar dessert, roll, and muffin entries, there should be six items on a plate.
 14. Food entries are limited to those for human consumption only. The exception is cake decorating. Either real cakes or styrofoam forms may be used.
 15. All foods, vegetables, and cake decorating entries will be exhibited through photographs taken by 4-H staff during judging.
 16. "Cake Decorating" is categorized under "Food & Nutrition".
 17. Entries are not to exceed 10 inches in diameter or 8 inches in height. Collections may not be longer than 16" x 16" x 12".
 18. Drawings done on lined, notebook paper will not be accepted.
 19. All drawings, paintings, and photography **must** be mounted with a two-inch matte border, with the exception of those done on art canvas or other unmountable surfaces. **Framed entries will not be accepted.**
 20. No live animals can be exhibited.
 21. Fair management and the Cooperative Extension Service are in no way responsible for exhibits.
 22. Exhibits may not be removed until 8:00a.m to 9:00am on Sunday, February 1, 2009. Exhibits may be removed by the individual or an assigned club representative.
- Additional Rules for Poster Exhibits:**
1. Posters must be educational in nature, depicting information gained from a specific project.
 2. Posters must be no larger than 22" x 29".
- Additional Rules for Science Boards:**
1. Science boards must illustrate a scientific investigation using the scientific method that includes a project purpose, hypothesis, abstract, procedure, materials, data, results, conclusion, and application.
 2. Science boards must be on tri-fold boards.
- Rules for 4-H Cloverbud Exhibits:**
1. Open to any Palm Beach County 4-H member between the ages of 5-7 years who is officially enrolled as of **November 1** of the current 4-H year.
 2. Each member may exhibit eight items following the rules listed in the previous sections.
 3. Each member will receive feedback from the judges and a participation ribbon but not any premium money.
 4. Cloverbuds are encouraged to enroll in the *Discovering 4-H project*.



EXHIBIT AREAS AND CATEGORIES



PLANTS AND ANIMALS

ANIMAL SCIENCE

1. General (Large & Market Animals)
2. Companion Animals (Pets)
3. Posters/ Science Board

PLANT SCIENCE

1. Dish Gardens
2. Hanging Baskets
3. Herbs
4. Potted Plants
5. Terrariums
6. Vegetables
7. Poster/Science Board

COMMUNICATION AND EXPRESSIVE ARTS

VISUAL ARTS

1. Drawings
2. Paintings
3. Sculpture
4. Poster/Science Board

PHOTOGRAPHY

1. Photos - Division 1: Print Division
Class A: Color or Black and White
Print - Single
Class B: Color or Black and White
Print - Series (up to 10 photos per series)
2. Photos - Division 2: Self Developed Darkroom
Class A: Self Developed Darkroom
Print - Single Print
Class B: Self Developed Darkroom
Print - Series (up to 10 photos per series)
3. Photos - Division 3 - Digital
Class A: Digital Photo
Image - Single (little or no manipulation)
Class B: Digital Photo
Image - Series (up to 10 images, little to no manipulation)
Class C: Creative Digital Photo
Image - Single
Class D: Creative Digital Photo
Image - Series (up to 10 images)

ARTS AND CRAFTS

1. Ceramics
2. Jewelry
3. Woodworking
4. Floral Arrangements
5. Model Crafts
6. Collections
7. Poster/Science Board

HISTORY & CITIZENSHIP

1. Three Dimensional Exhibit
2. Poster/Science Board

PERFORMING ARTS

1. Music
2. Drama/Theater
3. Puppetry
4. Poster/Science Board

ENVIRONMENTAL EDUCATION & EARTH SCIENCES

ENVIRONMENTAL EDUCATION

1. Water
2. Forestry
3. Wildlife and Fisheries
4. Outdoor Education/Recreation
5. Shooting Sports
6. Waste Management
7. Poster/Science Board

SCIENCE AND TECHNOLOGY

1. Aerospace/Aviation
2. Aquatic & Marine Science
3. Astronomy
4. Bicycles
5. Computers
6. Electric
7. Entomology
8. Small Engines
9. Wood Science & Industrial Arts
10. Veterinary Science
11. Poster/Science Board

CONSUMER AND FAMILY CHOICES

CLOTHING AND TEXTILES

1. Fabric Items (non-garment, hand or machine sewn)
2. Needlework
3. Knitting, Crochet and Latch Hook
4. Quilts
5. Clothing construction (non Fashion Revue)
6. Poster/Science Board

CONSUMER EDUCATION

1. 3 Dimensional Exhibit
2. Poster/Science Board

PERSONAL DEVELOPMENT & LEADERSHIP

1. Career Exploration & Employability
2. Personal Development
3. Leadership
4. Society & Entrepreneurship
5. Introductory 4-H Projects - Discovering 4-H
(Cloverbuds 5-7 years of age)
6. Poster/Science Board



HEALTHY LIFESTYLE EDUCATION



FOODS AND NUTRITION

1. Food Preservation
2. Cookies/Brownies
3. Cakes
4. Pies
5. Candies
- 6.. Quick Breads
7. Yeast Breads
8. Casseroles and Main Dishes
9. Vegetables Dishes
10. Salads/Cold Vegetable & Fruit Dishes
11. Cake Decorating
12. Others
13. Poster/Science Board

HEALTH

1. Three Dimensional Exhibit
2. Poster/Science Board

DEMONSTRATIONS/ILLUSTRATED TALKS

RULES FOR 4-H PROJECT DEMONSTRATIONS/ ILLUSTRATED TALKS:

1. Open to any Palm Beach County 4-H member between the ages of 5-18 years who is officially enrolled by **November 1** of the current year.
2. Youth must be enrolled in the project they are demonstrating.
3. A 4-H member may only give one demonstration.
4. No live animals or human props can be used during demos/talks.
5. Youth must preregister for demonstrations/illustrated talks by **January 5, 2009**.
6. Youth demonstration area set-up time is limited to two minutes by the participant only.

4-H POULTRY BBQ CONTEST

1. Participants must be 4-H members Intermediate or Senior level enrolled in poultry as a project area by **November 1st** of the current year.
2. Poultry BBQ is open to all qualifying 4-H youth in the South Florida Fair participating counties. Palm Beach County 4-H offers a **\$75.00** savings bond to the first place winner and a **\$50.00** savings bond to the second place winner in both age categories.
3. Participants must complete three (3) practice barbecues and participate in the Food Safety Clinic to be offered at the December county council meeting. This will be verified via the Poultry Barbecue Project Record Book, which must be submitted on the day of the contest.
4. An illustrated talk is not required for the county level contest, but will be required at state competition.

5. Contestants advancing to the state level must be 14 years of age with an illustrated talk for that competition.
6. Participants at the county level will be evaluated on cooking skills and sensory evaluation according to the national barbecue score sheets. Food safety is considered.
7. Each participant will prepare two 1 1/2 to 2 pound chicken halves provided by the contest monitors in accordance with the following:
 - poultry will not be available to the participant prior to the contest start time.
 - poultry shall not be marinated prior to the contest start time.
 - no fluid or sauce may be injected into the poultry.
 - poultry halves may not be placed in baskets to aid in turning.
8. There will be a 2 1/2 hour time limit on the preparation of the chicken. Participants must turn in product at the end of the stated cooking time.
9. Participants will present one barbecued chicken on plates provided to the judges at the conclusion of their cooking.

NO GARNISHES WILL BE PERMITTED.

10. Participants are responsible for bringing the following items:
 - original recipe
 - completed recipe card
 - barbecue grill; no gas grills allowed
 - aluminum foil
 - charcoal briquettes (1/2 to 3/4 pound per poultry half). self starting charcoal or automatic fire starter locks are not allowed.
 - lighter fluid
 - matches or lighting tool
 - tongs or other turning device
 - second tongs for adding extra briquettes
 - water bottle for misting flames or hot spots in the fire
11. Participants must use a meat thermometer. Grill lids or grill covers will be permitted. Commercial devices for covering meat during cooking will not be allowed; only aluminum foil wrap may be used. Remember, browning is a part of the score sheet.
12. Participants will work alone, except in the case of an emergency, as determined by contest monitors.
13. Tie scores of the top contestants will be broken in descending order by:
 - highest score in sensory evaluation portion
 - highest score in cooking skills portion
 - a method decided by the contest judges
14. Total points in the 4-H Poultry Barbecue Contest will be 150 pts: sensory skills - 80pts and cooking skills - 70pt



IMPORTANT DATES

September 1, 2008: 4-H age is the youth's age as of September 1, 2008.

October 15, 2008: Deadline for horticulture exhibits to be planted or repotted.

October 15, 2008: Deadline for South Florida Fair college scholarship applications.

December 1, 2008: Deadline for vegetable exhibits to be planted or repotted.

December 1, 2008: Deadline for all animal competition entries **due to the SFF**. See forms in premium book or visit website.

December 16, 2008: Foods and cake decorating exhibit judging in Exhibit Hall A, 3:00 p.m.- 6:00 p.m.

January 2, 2009: Exhibit judging from 3:00 p.m. to 6:00 p.m. Exhibit Hall A & B Extension Office.

January 14, 2009: Topic Identification deadlines for demonstrations/illustrated talks all age categories.

January 14, 2009: Deadline to register for poultry BBQ Contest.

January 17, 2009: Cloverbud and Junior Illustrated Talks & Demonstrations 10:00 am.

January 19, 2009: Designated 4-H day in the Horse Arena.

January 24, 2009: Intermediate & Senior Illustrated Talks & Demonstrations 10:00 a.m..

January 24, 2009: Youth Livestock Judging.

January 25, 2009: 4-H Poultry Barbecue Contest at 1:00 p.m. in the Palm Oasis. Participants to arrive no later than 12:00 p.m.

January 28, 2009: NICA Auction in the Agriplex Arena at 3:00 p.m.

January 30, 2009: FFA Special Needs Horticulture Judging, Youth Vegetable Judging, Youth Horticulture, Horse Judging & Dairy Cattle Judging.

February 1, 2009: Remove exhibits from building 8:00 pm

Extension programs are open to all persons regardless of race, color, sex, disability, religion, or national origin.

"In accordance with provisions of ADA this document may be requested in a different format." The 4-H emblem is protected under 18 U.S.C. 707.

PALM BEACH COUNTY 4-H IS SUPPORTED BY THE GENEROUS CONTRIBUTIONS OF THE NATIONAL INDEPENDENT CONCESSIONAIRES ASSOCIATION

through the

Annual **NICA** Auction

Wednesday January 28th

3:00pm

South Florida Fair Agriplex.

**Be there to BID
& Support 4-H**

