

**North Carolina 4-H**

# **4-H PRESENTATIONS**



**NC STATE**

**EXTENSION**



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## What are 4-H Presentations?

4-H Presentations are a huge part of North Carolina 4-H. It is one of the most successful way to help a young person learn how to do a public speech. It focuses on members teaching others what they know about a particular project/subject matter. They are sometimes called demonstrations or illustrated talk or a formal speech.

**Demonstration:** DOING, SHOWING HOW, MAKING – has a finished product to show - shows how a task it done or product is made. For example: show how to make a healthy snack using fruits and vegetables.

**Illustrated Talk:** TALKING, TELLING HOW, using CHARTS, PICTURES, MODELS - shares information with the help of pictures, video's, charts, models etc.

**Formal Speech:** shares information on a specific topic without using any visuals, props or materials. Sometimes this is a speech that a young person has memorized or a paper someone has written on a specific topic.

- Speaking in front of a group, doing 1 of 2 things:
  - Demonstrating HOW to do something
  - Educating others on a certain topic
- Can present as an individual OR a team
  - Team=2 individuals only (no more)
  - If team members are in two different age groups, they will present in the oldest age group

## Benefits of 4-H Presentations

Teaches life skills.

- Increase public speaking skills
- Increase self confidence
- Increase knowledge & interest in a certain subject matter

- Will help you in the long run with:
  - Communicating
  - Other clubs & projects
  - College/post-secondary education
  - Careers

Giving a presentation is a good learning experience. You can choose a topic from any project you have taken in

4-H or currently doing. The topic should be something you enjoy, are interested in and can be presented easily in 5 to 15 minutes. 4-Hers who do a presentation develop self-confidence, the ability to speak in front of an audience and the ability to think ahead. In the following outline you will discover pointers and tips on doing a 4-H presentation.

### **The 5 P's of 4-H Presentations**

To give a good presentation there are several steps that should be taken. They are:

1. Planning
2. Preparation
3. Presentation
4. Poise (Appearance)
5. Practice

### **Planning**

1. Choose a topic that is:
  - a. A project learned in 4-H
  - b. Something you do well, enjoy doing
  - c. A subject that would be interesting to someone else
  - d. An interesting title
2. Limit your presentation to one process or main idea. Have plenty of action. Learn as many facts about your project as possible. Some sources may be:
  - a. 4-H Leader
  - b. 4-H Agent
  - c. Books
  - d. Teacher
  - e. Parent
3. Types of Presentation (each can be individual or team)

- a. Demonstration
- b. Illustrated Talk
- c. Formal Speech
- 4. Start with a Catchy Title
  - a. The Mane Attraction
  - b. Berry Good Bread
  - c. The Worth of Water
- 5. Content of your presentation
  - a. What are you going to talk about?
  - b. Why is it important?
  - c. This is the "So what?" part
  - d. Be specific!
  - e. Use visuals as needed
- 6. Make Poster if you using posters
  - a. Use light colored board with dark lettering
  - b. Use contrast in words (different color and size letters)
  - c. Don't over crowd the poster
  - d. The fewer the words the better
  - e. use the poster(s) during presentation
  - f. Use pictures, drawings, or clip art
  - g. List the steps in the order they are to be shown and decide how you are going to do each step
  - h. List the supplies needed
  - i. Plan what you are going to tell your audience as you do each step.
- 7. Summary
  - a. Re-Tell info
  - b. Only hit the highlights
  - c. Keep it to one poster or visual if possible.
  - d. Ask judges do they have any questions
- 8. Resources
  - a. Be sure to list all of your resources for the audience.
    - i. Show resource if you have it there
    - ii. Put the names on the visual you are using

## Helpful Tips

1. Your summary should be a short recap of your main points or steps.
2. Resources: When stating where you got your information you should not just state the internet; provide the audience with the 4-H Curriculum manuals, written resources, websites etc you received your information from.
3. When organizing your presentation, you should work form left to right, using a tray to transport your supplies is also very helpful.
4. When possible, use transparent equipment such as glass bowls so the audience sees the material and the process.
5. Commercial labels on products must be covered. Endorsement of any particular brand name is not permitted in a public presentation. However, if using your own container, make sure it is labeled clearly.
6. Your appearance should be neat, well-groomed and good posture.
7. Keep hair off your face. If you are presenting food your hair should be tied back.
8. Your voice should be clear and correct English should be used.
9. Remember to smile and have FUN!

### Cloverbuds

5-7 years old

Do not compete, but can  
present at County &  
District levels  
Great time to start!

### Ages 8-10

Compete @ County,  
District &  
State levels  
Only District Gold  
advances to  
State level

### Ages 11-13 & 14-18

Compete @ County, District &  
State levels  
District Gold & Silver advance  
to State level

# 2019 4-H Presentations At A Glance

Age Categories: 8-10, 11-13 & 14-18

## Animal Science

### Horse

**Objective:** To increase the level of horse knowledge and expertise. **Topics Include:** horse selection, feeding, health, management, training, etc.

**District Award if applicable:** Medal

**State Award if applicable:** \$25

### Horse Public Speaking

**Objective:** To build confidence in a youth's ability to present horse related information in a logical and concise manner. **Topics Include:** horse selection, feeding, health, management, training, etc.

**District Award if applicable:** Medal

**State Award if applicable:** \$25

### Livestock & Dairy Production

**Objective:** To increase the level of knowledge and expertise of production technologies and issues of the livestock and dairy industries. **Topics Include:** feeding, management, herd health, industry specific issues, genetics & reproduction, promotion, etc.

**District Award if applicable:** \$75

**State Award if applicable:** \$50

### Small & Companion Animals

**Objective:** To learn basic information and skills needed in the selection, care, and training of small animals. **Topics Include:** the basic care of a dog, cat, bird, rabbit, hamster, etc., dog obedience, care of pets during a hurricane or emergency, picking the right pet, etc.

**District Award if applicable:** \$50

**State Award if applicable:** \$50.00

### Poultry Production & Preparation

**Objective:** To increase the level of knowledge & expertise of poultry science, poultry industry, poultry production, and poultry products. **Topics Include:** embryology, backyard or commercial flocks, food safety in the preparing poultry products, industry specific issues, etc.

**District Award if applicable:** Medal

**State Award if applicable:** \$50



## Citizenship & Civic Education

### Citizenship/Community Service

**Objective:** To encourage youth to learn about the citizenship program, to learn to be better citizens, how they can support their community, country, and world, to become involved in their community through service activities, to teach youth the importance of giving back to their community. **Topics Include:** The Constitution, the three branches of government, how bills become laws, the rights & responsibilities of being a US citizen, identify a community need, plan a service project, etc.

**District Award if applicable:** \$50

**State Award if applicable:** \$75

## Communication & Expressive Arts

### Arts & Communication

**Objective:** To study and investigate the varied aspects of communications and expressive arts. Also, to provide a forum for youth to share information related to communications and expressive arts. **Topics Include:** modern crafts, art, collections, hobbies, dance, sign language, creative writing, music, etc. **NOTE:** This is a presentation category, not a performance opportunity.

**District Award if applicable:** Medal

**State Award if applicable:** \$50

### Public Speaking

**Objective:** To develop an appropriate speaking presence and increase knowledge of and skills in speech preparation and delivery. **Topics Include:** patriotism, 4-H involvement, teen pregnancy, alcohol and teens, staying in school, the effects of media on youth, academic testing, volunteerism, being a positive role model, etc.

**District Award if applicable:** \$50

**State Award if applicable:** \$75

## Family & Consumer Sciences

### Family & Consumer Sciences

**Objective:** To increase the level of knowledge regarding child and family relationships, parenting, family/home management, financial management, and consumer science. **Topics Include:** Parenting, preparing and/or following a budget, stain removal, fabrics and selection of fabrics, living space re-designs, room makeovers, home safety (radon, carbon monoxide, etc.), comparison shopping, etc.

**District Award if applicable:** 8-10 & 11-13 = \$50; 14-18 = \$100

**State Award if applicable:** 8-10 & 11-13 = \$25; 14-18 = Gold \$150, Silver \$75, Bronze \$25

## **Hospitality, Etiquette & Social Graces**

**Objective:** To encourage youth to learn and model proper etiquette and social graces.

**Topics Include:** introductions, a proper place setting, cell phone etiquette, party/event planning, dining Do's and Don't's, writing thank you notes, dressing for a social occasion, flag etiquette, etc.

**District Award if applicable:** \$100

**State Award if applicable:** \$100

## **Environmental Science**

### **Entomology**

**Objective:** To depict aspects of entomology as fun and illustrate the importance of insects to human health and well being. **Topics Include:** insect collecting, life cycle of insects, beekeeping, insect pests, fire ants, ticks, spiders, etc. (Formerly called Bugs & Bees)

**District Award if applicable:** 8-10 = Medal; 11-13 & 14-18 = \$75

**State Award if applicable:** \$37.50

### **Fisheries & Aquatics**

**Objective:** To engage youth in a deeper understanding of our aquatic environment and how to make wise decisions concerning aquatic resources. **Topics Include:** aquaculture, marine life (fresh & salt water), fishing (commercial & recreational), marine environmental issues, (oil spills, beach litter, etc.), sea turtles, scuba diving, setting up an aquarium, whales, etc.

**District Award if applicable:** 8-10 = Medal; 11-13 & 14-18 = \$75

**State Award if applicable:** \$50

### **Forestry & Wildlife**

**Objective:** To learn basic information and skills involved in forest and wildlife management. **Topics Include:** tree identification, reforestation, invasive species, wildlife habitat, endangered species, prescribed burning, North Carolina wildlife identification, backyard wildlife, wildlife rehabilitation, ect.

Guidelines on web: <https://forestry.ces.ncsu.edu/4h/>

**District Award if applicable:** Medal

**State Award if applicable:** \$50

### **Environmental Science (Soil & Water)**

**Objective:** To increase awareness of environmental problems, which involve soil, land, or water resources and to recognize the importance of these resources to individuals and society today. **Topics Include:** lake/river beautification, storm water, landfills, estuaries, protecting the Outer Banks, erosion control, ground water, flood control, recycling, etc.

**District Award if applicable:** 8-10 & 11-13 = Medal; 14-18 = \$75

**State Award if applicable:** 11-13 & 14-18 = \$50

# Healthy Lifestyles

## Health/Fitness

**Objective:** To encourage youth to investigate and improve their health, the health of their family and community. **Topics Include:** weight management and diet, exercise, fitness plans, asthma, car seat safety, carbon monoxide poisoning, child abuse, dental hygiene, eating disorders, CPR training, Heimlich maneuver, gang violence, heart disease, immunizations, Down syndrome, cancer and cancer screening, sport injuries, the benefits of recreational activity, karate, etc.

**District Award if applicable:** \$75

**State Award if applicable:** \$25

## Foods & Nutrition

**Objective:** To learn the nutritional contributions in any foods area that is not already identified as a presentation category, to acquire skills in planning, purchasing, preparing, and serving healthy foods, basic in-depth nutrition. **Topics Include:** breads, cookies, dairy, nutrition, etc.

**District Award if applicable:** \$75

**State Award if applicable:** \$75

## Turkey Char Grill

**Objective:** Prepare two 1 to 2-pound whole chicken halves OR two ¼ to 1- pound pieces of turkey breast filets/tenderloins using a charcoal grill, and to learn outdoor grilling skills, cooking principles of poultry and knowledge of nutritional values are to be demonstrated. Oral Presentation required for 14-18 Age Category.

<http://www2.ca.uky.edu/national4hpoultry/TurkeyBBQ.html>

**District Award if applicable:** Medal

**State Award if applicable:** Medal & trip to National 4-H Turkey Barbecue Contest

## Chicken Char Grill

**Objective:** Prepare two 1 to 2-pound whole chicken halves OR two ¼ to 1-pound pieces of turkey breast filets/tenderloins using a charcoal grill, and to learn outdoor grilling skills, cooking principles of poultry, and knowledge of nutritional values are to be demonstrated. Oral Presentation required for 14-18 Age Category.

<http://www2.ca.uky.edu/national4hpoultry/ChickenBBQ.html>

**District Award if applicable:** Medal

**State Award if applicable:** Medal & trip to National 4-H Chicken Barbecue Contest

### **Beef Char Grill**

**Objective:** Prepare at least  $\frac{3}{4}$ -pound of beef using charcoal OR gas grill, and to learn outdoor grilling skills, cooking principles of beef, and knowledge of nutritional value are to be demonstrated.

**District Award if applicable:** \$50

**State Award if applicable:** \$75

### **Pork Char Grill**

**Objective:** Prepare at least  $\frac{3}{4}$ -pound of pork using charcoal OR gas grill, and learn outdoor grilling skills, cooking principles of pork, and knowledge of nutritional value are to be demonstrated.

**District Award if applicable:** \$50

**State Award if applicable:** \$75

### **Safety**

**Objective:** To encourage and promote safe living in the home and in the community.

**Topics Include:** first aid, CPR, home fire safety plans, child identification safety, Amber Alerts, farm safety, pesticide safety, school bus safety, baby-sitting safety tips, etc.

**District Award if applicable:** Medal

**State Award if applicable:** \$25

### **Fruits & Vegetable Use**

**Objective:** To learn the nutritional contributions of fruits and vegetables and acquire skills in planning, purchasing, using freshly picked fruits and vegetables, in preparing and serving fruits and vegetables in meals and snacks. **Topics Include:** fruits and vegetables in your diet, the importance of fiber in your diet, vitamin A, fruit salads, fun with vegetables, etc.

**District Award if applicable:** \$75

**State Award if applicable:** \$100

### **Egg Cookery**

**Objective:** To learn the nutritional contributions of eggs and acquire skills in planning, purchasing, preparing, and serving eggs. **Topics Include:** creating a prepared dish, meeting the minimum egg service size requirement, information on nutritional value, quality, and versatility of eggs, steps involved in preparation of the dish, and a finished dish ready for sampling.

**District Award if applicable:** \$75

**State Award if applicable:** \$50

### **Peanut Foods**

**Objective:** To learn the nutritional contributions of peanuts and acquire skills in the planning, purchasing, preparing and serving peanuts in meals and snacks. Recipes presented must contain at least 1/8 cup (2 tablespoons) peanuts, peanut butter, or flavored peanut pieces per serving. **Topics Include:** peanut dishes, peanuts add protein to meals, combining peanuts and grains in main dishes, peanuts and salads together, etc.

**District Award if applicable:** \$75

**State Award if applicable:** \$100

### **Dairy Foods**

**Objective:** To acquire skills in planning, purchasing, and serving dairy foods in meals and snacks, to learn scientific principles related to the safe care and handling of dairy foods, how dairy foods help meet the calcium and protein requirements of normal nutrition, develop an appreciation of the nutritional value of dairy foods.

**8-10 & 11-13:** Mastery of preparation steps of product chosen to represent a healthy choice of dairy foods

**14-18:** Present a creative, knowledge-based presentation. Food preparation skills **are not** an emphasis. Each presentation should be knowledge-based with little or no focus on food preparation skills.

**Rules & Regulations:** <https://nc4h.ces.ncsu.edu/youth-3/4-h-awards-incentives-programs-2/presentations/presentation-guidelines-dairy-foods/>

**District Award if applicable:** Medal

**State Award if applicable:** \$50

## **Personal Development**

### **Open Class**

**Objective:** To provide opportunities for youth to present unique subjects that are broader than the established subject categories. **Topics Include:** how to play chess, cake decorating, studying your family tree, flying a kite, the great pyramids, how to pack for a trip, setting a beautiful table, etc.

**District Award if applicable:** Medal

**State Award if applicable:** \$25

### **Careers & Entrepreneurship**

**Objective:** To encourage youth to investigate careers in which they are interested and refine skills they will need for the workplace. **Topics Include:** presentations on any career path, how to become a veterinarian, nurse, teacher, lawyer, rocket scientist, etc., what a park ranger does, a day in the life of a racecar driver, I want to be an archeologist, resume writing, dress for success, how to select a college, starting your own business, interview skills: what you need to know, etc.

**District Award if applicable:** \$75

**State Award if applicable:** \$200

## Plant Science

### Horticulture Science

**Objective:** To learn how to gather information related to fruits, vegetables, ornamental plants, and landscape design for the purposes of increasing food security and food safety, sustaining the environment, enhancing economy vitality. **Topics Include:** Determine strategies for selling organic flowers at a farmer's market, Grow the flowers for the farmer's market and sell them, Collect and propagate seed of native wildflowers in your area, Tour a tissue culture lab and learn about micropropagation, Make a secret garden hideaway, Build a self-sufficient treehouse with hydroponic containers, Create an edible landscape for your school, Evaluate the best beans for a teepee  
Design edible place favors, Create a corsage for your favorite person using herbs, Make a wreath using all natural materials, Build a fairy crown using leaves from your favorite plant.

Note: This category is new. We combined Horticulture Production/Marketing, Landscaping and Artistic Arrangement.

**District Award if applicable:** \$100

**State Award if applicable:** \$100

## Science & Technology

### Agriculture Science (Crops)

**Objective:** To explore the production and utilization of agronomic crops and learn new technologies and developments in crop production/utilization. **Topics Include:** alternative crops, pest management, biotechnology in crop production, no-till crop production, crop issues surrounding peanut, cotton, tobacco, etc.

**District Award if applicable:** 8-10 = Medal; 11-13 & 14-18 = \$75

**State Award if applicable:** \$50

### Wheels & Engines

**Objective:** To learn basic information and skills needed to purchase, operate and maintain a bicycle, skateboard, automobile, motorcycle, ATV, tractor, small engine equipment.

**Topics Include:** road rules, types of bikes, skateboards, maintenance, repair, recreational activities, car selection, repair, maintenance and performance racing, etc.

**District Award if applicable:** Medal

**State Award if applicable:** \$50

### Science & Technology

**Objective:** To encourage study and investigation in all aspects of science and technology.

**Topics Include:** DNA, genetics, science fair competitions, chemistry, physics, geology, biotechnology, aerospace, rocketry, computer science, science of volcanoes, hurricanes, etc.

**District Award if applicable:** \$75

**State Award if applicable:** \$50

## **Electric**

**Objective:** To demonstrate knowledge of basic electricity, electric energy, conservation of energy, and other related electrical principles and facts. **Topics Include:** magnets, solar energy, energy saving devices, how electricity is generated, wire size, amps, watts and voltage, meter reading, lamp repair, construction, etc.

**District Award if applicable:** \$75

**State Award if applicable:** \$50

***Please note that all awards are contingent upon funding.***

# Presentation Rules and Regulations

Age Divisions: 8-10, 11-13 & 14-18

Each county may enter two participants per age division per category for District Competition.

District GOLD winners in all age categories are eligible to compete in State Presentation Finals. The 11-13 and 14-18 age category SILVER winners are eligible to compete as well.

1. Age eligibility is established on January 1, 2019. To participate in 2019, the 4-H member must be 8 years old prior to January 1, 2019 and not have had his/her 19<sup>th</sup> birthday before January 1, 2019.
2. The same presentation may be repeated from one year to the next (exception: see #15). However, the individual's personal development will be greater if the presentation is revised and improved.
3. Time Requirements: For all general presentation categories, the following time requirements are expected: a minimum of 5 minutes and a maximum of 12 minutes. Judges will use their discretion in ranking presentation length. Exceptions are as follows: Public Speaking (5-7 minutes); All Horse Categories (see #4); Chicken Barbecue (2 hours); Turkey Barbecue (2 hours); Pork Cookery (2 hours); Beef Char-Grill (2 hours). Turning baskets or cooking baskets are not permitted during Chicken and Turkey BBQ.
4. Horse Category Time Requirements: Horse, Individual 8-10, 11-13: 4-12 minutes; Horse, Individual 14-18: 9-12 minutes; Horse, Team 8-10, 11-13: 5-15 minutes; Horse, Team 14-18: 10-15 minutes; Horse Public Speaking 8-10, 11-13: 4-10 minutes; Horse Public Speaking, 14-18: 8-10 minutes. One point is deducted per judge for each minute under or over time limits. A county may enter one individual presentation and one team presentation. However, it is limited to 2 total.
5. Youth competing in presentations compete against their room's competition, not a standardized norm.
6. Each county may enter two participants in each age division in each category.
7. 4-H'ers may compete in no more than one presentation program per year. The "Talent Showcase" (4-H Entertains) is not considered a presentation program.
8. Artistic Arrangement, Horticultural Production & Marketing, Landscaping, Fruit & Vegetable, Egg Cookery, and Peanut Foods categories must be a "demonstration" however these categories will NOT participate in NJHA anymore. Monetary awards will be given to these category gold winners. We have created a Horticulture Science Category to replace: Artistic Arrangement, Horticultural Production & Marketing, Landscaping.
9. Presentation Awards: A participation ribbon is given to each district participant at District Activity Day. A medal is presented to the gold, silver and bronze winners. One presentation in each category will be designated the district winner. The district gold winner in all age categories and the silver winner in the 11-13 and 14-18 categories will be eligible to compete on the state level. EXCEPTION: Talent Showcase/4-H Entertains awards blue ribbons and participation ribbons.



10. The decision of the judges in each category is final.
11. All awards monies on the District level is a stipend to attend the State 4-H Presentation Finals/4-H Congress. A 4-H'er must present at State Finals to receive the stipend. The value of a stipend to 4-H Congress varies for each category. Please note specific stipend values for each category. Other expenses are the responsibility of the recipient. If a winner elects to participate in presentation finals only, funds can only be applied to that youth's on-site expenses for presentations.
12. District stipend, either in full or in part, will not be given to the district winners in lieu of the stipend to attend North Carolina 4-H Congress or State Presentation Finals. All must be used towards these events.
13. When a gold medal winner cannot compete in the state presentation contest, the award will be given to the district silver winner. See #11.
14. Ages 11-13 and 14-18 district silver presentation winners are invited to participate in the state contest at their expense. There will be no stipend available for silver winners to attend Congress unless the district gold winner decides not to participate.
15. 4-H members may continue to compete in a presentation category/division until declared a state gold winner. When the member reaches another age division, he/she may again participate in the same category.
16. A team is composed of two individuals except in 4-H Entertains, which has no limit. If team members are not in the same age division, they must compete in the older division. CloverBuds are not able to participate in 4-H Entertains.
17. No live animals may be used in any presentation. Firearms and/or weapons or anything resembling these are not allowed during any presentation.
18. Donor contacts and addresses can be obtained through the North Carolina 4-H Development Office.
19. 4-H members age 14-18 will be asked to present a knowledge-based presentation. There should be no food preparation presented during the presentation; thus, no tasting by judges.
20. Presenters are not required to say "the question has been asked" and then repeat the question.
21. 4-H Entertains is for amateur performers only. Any 4-H members or groups who perform for pay are not eligible. Cecil & Leonard has been dropped as a 4-H Entertains category. CloverBuds are not allow to participate in 4-H Entertains. A county can enter 2 total acts – time limit is 5 minutes each act. If one act – 5 minutes is the limit.
22. Chicken and Turkey Char-Grill 14-18 Age Categories are required to do an oral presentation. See specific category descriptions above for more information. The meat will be provided for state level competition for these categories provided funding is available.
23. Please avoid promoting any "brand" items in your presentations. If you use specific brands especially in your foods presentations, just cover up the name labels.

24. Costumes or appropriate clothing can be worn in your presentations. All clothing must meet the 4-H Guidelines and must be 4-H appropriate.

25. 4-H Presentations **MUST BE** presented in person and cannot be pre-recorded except for **VERY SHORT** inserts to demonstrate something that can't be shown during the presentation (ie. serving a volleyball; a robot driving over a course).

For specific suggestions on the use of visuals, see the Presentation Handbook.

### **2019 4-H Presentation (District Activity Day) Dates**

**Registration Deadline is May 24th for all DAD participants**

- **South Central – June 14 – Lincoln County**
- **Northeast– June 22 – Wake County**
- **Southeast – June 21 – Craven County**
- **North Central – June 21 – Orange County**
- **West – June 15 – McDowell County**
- **Registration Deadline: May 24, 2019**

### **State Presentation Finals**

**State 4-H Presentation Finals is July 20, 2019**

**State Finals Registration Deadline is June 28, 2019**

For awards traditionally funded by endowments, the payment of the award in 2019 will be dependent upon the availability of investment income.

<https://nc4h.ces.ncsu.edu/youth-3/4-h-awards-incentives-programs-2/presentations/>