# Youth In Action Contests

## **July 16th- DeSmet (Hamlin & Kingsbury Combined)**

* Special Foods
  + 4-H’ers will learn to provide meals and healthy snacks that satisfy aesthetic, psychological, nutritional, and individual needs by choosing and preparing a recipe from any one of the five food groups.
  + Forms to Complete
    - MyPlate Worksheet
    - Special Foods Recipe Worksheet
    - Special Foods Menu Worksheet
    - Serving Size Worksheet
* Fashion Revue
  + To build confidence and strengthen personal presentation skills, members will introduce themselves during the style show. 4-H members will introduce themselves to foster the growth and development of creating a strong first impression, using positive vocal qualities, maintaining eye contact, confidence, and poise. Strengthening these skills now will benefit members throughout their lifetime.
* Communications
  + A presentation is a way for you to share and teach information you have learned that will be useful to others. Any time you learn something and show and tell it to another person, you are giving a presentation. Speaking face-to-face is one of the oldest forms of communication, and still the most effective. The listener hears your words, but more than that, they watch your face and your hands. They catch your enthusiasm, or your concern. It is a warm, personal way of communicating.
  + Categories to compete in:
    - Demonstration
    - Illustrated Talks
    - Public Speaking
* Mastery Show Case (For Seniors Only)
  + In recent years, SD 4-H has made significant strides to enhance ‘youth voice’ opportunities for older youth (e.g., Ambassadors, Legislature). Our next initiative is to strengthen ‘youth mastery’ opportunities so youth are challenged throughout the entirety of their 4-H careers. The Mastery Showcase is the premiere exhibit experience for non-livestock project-oriented 4-H youth at the South Dakota State Fair. It highlights the ability of 4-H youth to meet South Dakota’s timely challenges as well as customized projects of significant merit. If you are an older youth looking for a significant test, try this out!

# Hamlin/Kingsbury County Youth in Action Contest Day

## **July 16th**

Special Foods and Master Chef- 9:00- DeSmet Public School

Fashion Revue- 12:30- Kingsbury County 4-H Building

Communications- 1:30- Kingsbury County 4-H Building

Mastery Showcase- 2:30- Kingsbury County 4-H Building

**Due to each Extension Office by Friday July 11th**

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Age (4-H Year): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Cloverbud Beginner Junior Senior

County: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Contest: (Circle Contest Competing In) Special Foods Fashion Revue

Communications Mastery Showcase (No extra information needed, bring your project display)

Please fill out designated contest information competing in.

**Special Foods**

Items you will be using on the day of the competition. (Oven, blender, etc.)

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Attach MyPlate Worksheet

Attach Special Foods Recipe Worksheet

Attach Special Foods Menu Worksheet

**Fashion Revue**

\_\_\_\_ # of years competing in Fashion Revue

\_\_\_\_ # of outfits I will be presenting?

**Communications**

\_\_\_\_\_ I plan to do a demonstration (Individual)

\_\_\_\_\_ I plan to do a team demonstration with \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_ I plan give an Illustrated Talk

\_\_\_\_\_ I plan to be in the Public Speaking Contest

Title of Speech: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_