

Skills Contest Registration

*Due in the Crook County Extension office by Monday, April 22, 2019
Slots will be filled in the order they are received.*

Name: _____ Grade: _____

Email: _____ Phone No: _____

Leader's Name _____ County: _____

Make sure you have all the necessary forms for each contest. Check the website for details.

E-mail registration is *NOT* an option for this contest!

Questions?? Call Kim @ 541-447-6228.

**Skills and Judging Contests will be held in Prineville at the Open Campus Building
Friday, May 3; 1:00 pm to 8:00 pm (foods only)
Saturday, May 4; 8:00 am to 5:00 pm**

Day & Time Requested (circle preference, first come first served)

	<i>FRIDAY</i>	<i>SATURDAY</i>
<u>Food Skills:</u>	PM	AM PM
<u>Sewing Skills</u>		AM PM
<u>Crocheting/Knitting:</u>		AM PM
<u>Sill-O-Thon</u>		AM PM

This request does not guarantee you a slot at this time, but we will do our best!

Please make a separate copy of this form for each participant in this year's contest.

Send registration forms and fees to:

***Crook County 4-H Leaders Association
498 SE Lynn Blvd
Prineville, OR 97754***

*Make checks payable to:
CC 4-H Leaders Association*

Fees:

_____ Food skills	\$5
_____ Clothing skills	\$5
_____ Knitting &/or Crocheting	\$5
Total	\$ _____

Fees will not be refundable after 4/26/19

Food Skills Contests

Do to the number of exhibitors: Members may only enter two food contest, with the exception of first year juniors. First year juniors can enter measuring and two food contest.



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| <p>Favorite Healthy Foods* <i>(Cloverbuds & First yr 4-H members only)</i></p> <p>___ 511700011</p> <p>Brown Bag Lunch* <i>(Cloverbuds & First yr 4-H members only)</i></p> <p>___ 511700021</p> <p>Novice Measuring* <i>(First yr Jr. foods members only)</i></p> <p>___ 511700211</p> <p>Jr. Favorite Foods*</p> <p>___ 511700031 - Magic with Milk</p> <p>___ 511700111 - Foods of the Pacific Northwest</p> <p>Intermediate Contest:</p> <p>___ 511601012 - Food Preparation</p> | <p>___ 511602012 - Mini-Meal</p> <p>___ 511602022 - Mini-Meal Team</p> <p>___ 511605012 - Quick Meal Challenge</p> <p>Senior Contest:</p> <p>___ 511601013 - Food Preparation</p> <p>___ 511602013 - Mini-Meal</p> <p>___ 511602023 - Mini-Meal Team</p> <p>___ 511605013 - Quick Meal Challenge</p> |
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Knitting Skills Contest*

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|---|---|
| <p>Juniors</p> <p>___ 360700011 - Phase 1</p> <p>___ 360700021 - Phase 2</p> <p>___ 360700031 - Phase 3</p> <p>Intermediates:</p> <p>___ 360700012 - Phase 1</p> <p>___ 360600022 - Phase 2</p> <p>___ 360700032 - Phase 3</p> <p>___ 360700042 - Phase 4</p> <p>___ 360700052 - Phase 5</p> <p>___ 360700062 - Phase 6</p> | <p>Seniors:</p> <p>___ 360700013 - Phase 1</p> <p>___ 360700023 - Phase 2</p> <p>___ 360700033 - Phase 3</p> <p>___ 360700043 - Phase 4</p> <p>___ 360700053 - Phase 5</p> <p>___ 360700063 - Phase 6</p> <p>___ 360700073 - Phase 7</p> |
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Crocheting Skills Contest*

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|--|--|
| <p>Juniors:</p> <p>___ 370700011 - Phase 1</p> <p>___ 370700021 - Phase 2</p> <p>___ 370700031 - Phase 3</p> <p>Intermediates:</p> <p>___ 370700012 - Phase 1</p> <p>___ 370700022 - Phase 2</p> <p>___ 370700032 - Phase 3</p> <p>___ 370700042 - Phase 4</p> <p>___ 370700052 - Phase 5</p> <p>___ 370700062 - Phase 6</p> | <p>Seniors:</p> <p>___ 370700012 - Phase 1</p> <p>___ 370700022 - Phase 2</p> <p>___ 370700032 - Phase 3</p> <p>___ 370700042 - Phase 4</p> <p>___ 370700052 - Phase 5</p> <p>___ 370700062 - Phase 6</p> |
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Clothing Skills Contest:*

- | | | |
|-------------------------|-------------------------|-------------------------|
| ___ 320700110 - Level 1 | ___ 320700210 - Level 4 | ___ 320700310 - Level 7 |
| ___ 320700120 - Level 2 | ___ 320700220 - Level 5 | ___ 320700320 - Level 8 |
| ___ 320700130 - Level 3 | ___ 320700230 - Level 6 | ___ 320700330 - Level 9 |

Skill - a -Thon will be held on Saturday only

Food Skills Contests

4-H FOODS PREPARATION SKILLS

May 3-4, 2019 Crook County Open Campus Building

Junior Food Skills Division

County contest only

Junior Foods and Nutrition members (ages 9-11) may choose one of the following classes and will have 1 hour (60 minutes) to complete the contest. Judging criteria are outlined in the 4-H Food and Nutrition Contest Score Sheet, available at the county Extension office or on the State 4-H Website at <https://extension.oregonstate.edu/4h/state-fair#Family>. Contestants will also be judged on **personal appearance and attitude**.

RULES:

1. Participants will have 1 hour (60 minutes) for set-up, preparation, and cleanup. **For food safety, finished dishes prepared at home may not be brought and served at fair.**
2. Participants must provide all ingredients and equipment except range, microwave oven, and refrigerator. (Disposable plates, cups and utensils will be provided.)
3. Participants should prepare one serving, recipe or batch of their food product.
4. Participants will provide the judge with a completed "Judges Information Form" available from the county Extension office before beginning.
5. The use of alcoholic beverages is not permitted.
6. The food should be displayed in an appropriate serving container (plate, bowl, glass, etc.)
7. Participants will serve a sample of the food to the judge.
8. Each participant will be interviewed by the judge and may be asked questions about basic nutrition, the Food Guide Pyramid, preparation techniques, food safety, etc.
9. Participants are expected to leave the kitchen clean — this will be part of the judge's evaluation.
10. Junior members are not required to provide a poster of their recipe or a place setting.

511 700 031 Magic with Milk- Each participant is to prepare a food in which milk or milk based product is the main ingredient (such as a milk beverage, cream soup, milk dessert).

511 700 111 Junior Foods of the Pacific Northwest- Can be one of the following: Salad of approximately 2 servings of any type of green, fruit or other salad which may serve as part of a meal or as a snack; Sandwich, any type, typical 2 slices of bread with a filling, open face, toasted, etc.; Cookie, nutritious preferred; or Other after School Snack, any food or dish that does not fit into the salad, sandwich or cookie category that is nutritious and typically eaten as a snack.

NOVICE MEASURING

County contest only

The measuring contest is open to **1st year Junior** Foods and Nutrition and Food Preservation members only. Participants may be asked to measure a liquid, sugar, salt, flour, brown sugar, shortening, etc. Contestants will be judged on techniques, work habits, selection of equipment, **personal appearance and attitude**. Contestants will not have a formal individual interview with the judge but will receive general comments at the end of the contest.

511 700 211 Measuring Contest- Must be a first year junior foods member. A champion award will be given to the top competitor, ribbons given for all other placings.

Junior Quick Meal Challenge

County contest only

Participants must be enrolled in the Foods and Nutrition project. Each participant must prepare a nutritious meal for two in 30 minutes. The focus of the challenge is to demonstrate creativity, efficiency and cooking skills. Judging criteria are outlined in the 4-H Food and Nutrition Contest Score Sheet (511-17), available at the county Extension office or on the State 4-H website: <http://oregon.4h.oregonstate.edu/special-events/state-fair/cm-contests>.

The guidelines for the contest are as follows:

1. Participants will have 15 minutes for set-up, 30 minutes for preparation and cooking, and 15 minutes for cleanup after sharing the meal with the judge. The preparation and cooking time is to be a maximum of 30 minutes. Participants must provide all ingredients and equipment except range, microwave oven, and refrigerator.
2. Participants should prepare breakfast, lunch or dinner for two people. For food safety finished dishes prepared at home may not be served or used as ingredients. Mixes or convenience ingredients such as pre-grated cheese may be included as ingredients but not as stand-alone dishes.
3. The use of alcoholic beverages that would be unlawful for a minor to purchase or possess is not permitted.
4. The food prepared must be displayed on a serving platter or tray, or in a dish, bowl, basket, etc.
5. Participants must also display two place settings which would be used in serving the food at a meal (include plates, tableware, napkin, glasses, tablecloth, placemat, or whatever is appropriate). A card table will be available for use. Participant will serve samples of the food to the judge.
6. All participants must provide the judge with a completed Mini Meal Contest Judge's Information Sheet (511-21) available from the county Extension Office or at, <https://extension.oregonstate.edu/4h/state-fair#Family> which includes cost and nutritional information for the meal. Recipes for each dish should be attached.
7. All participants must provide a poster (approximately 24" x 30") of the recipe to display in the preparation area. Posters will not be returned. Please include 4-H member's name, county and contest name on the poster.

8. Participants should be in appropriate dress for safe cooking and are expected to follow food and kitchen safety procedures. Participants are expected to leave the kitchen clean. This will be part of the judge's evaluation.
9. Meals will be judged on efficiency in the kitchen, creativity, nutrition, presentation, taste, cost effectiveness and food and kitchen safety.

511 605 011 Junior, breakfast, lunch or dinner meal for two

Intermediate and Senior Food Skills Division

FOODS OF THE PACIFIC NORTHWEST

Participants must be enrolled in the Foods and Nutrition project. Each participant must prepare one food product. Judging criteria are outlined in the newly revised 4-H Food and Nutrition Contest Score Sheet (40-457), available at the county Extension office or on the State 4-H website: <https://extension.oregonstate.edu/4h/state-fair#Family>. There are two divisions in the contest, Intermediate and Senior. The following items apply to each division and class:

- 1. Contestants will be judged on personal appearance and attitude.**
- Participants will have one hour (start to finish) for set-up, preparation, and cleanup. Participants must provide all ingredients and equipment except range, microwave oven, and refrigerator. **If you go over the time, you will have points deducted.**
- Participants should prepare one recipe, one batch, etc., of the food product using at least two ingredients representative of the Pacific Northwest. Participants should select a food product that can be prepared within the time limit. For food safety finished dishes prepared at home may not be brought and served at fair. **Only yeast products which require proofing will be allowed extra time.** Proofing time is done with members out of the kitchen. Participants should not prepare the same recipe more than one year.
- The use of alcoholic beverages that would be unlawful for a minor to purchase or possess is not permitted.
- The food prepared must be displayed on a serving platter or tray, or in a dish, bowl, basket, etc. Participants must also display one place setting of the table service which would be used in serving the food at a meal (include plates, tableware, napkin, glasses, tablecloth, placemat, or whatever is appropriate). A card table will be available for each display. A centerpiece may be included if the participant wishes, but is not required.
- Participants will serve samples of the food to the judge and the public. Paper plates and plastic utensils will be provided by the Fair.
- All participants must provide the judge with a “Judges Information Form”,** available from the county Extension Office or <https://extension.oregonstate.edu/4h/state-fair#Family>. The judge will also ask questions regarding the Pacific Northwest food used, i.e., nutritive value, region produced, or season when most plentiful.
- All participants must provide a poster (approximately 24” x 30”) of the recipe to display in the preparation area. Posters will not be returned. Please include 4-H member’s name, county and contest name on the poster.**
- Participants are expected to leave the kitchen clean. This will be part of the judge’s evaluation.

DIVISIONS

511 601 012 Intermediate- One food product chosen from: Fruit or Vegetable Dish, Salad, Sandwich, Grain Product, Yeast Product, Dairy Product, Main Dish

511 601 013 Senior- One food product chosen from: Fruit or Vegetable Dish, Salad, Sandwich, Grain Product, Yeast Product, Dairy Product, Main Dish

Celebrate our World

Participants must be enrolled in the Foods and Nutrition project. Each participant must prepare one food product. Judging criteria are outlined in the 4-H Food and Nutrition Contest Score Sheet (40-457), available at the county Extension office or on the State 4-H website:

<http://oregon.4h.oregonstate.edu/special-events/state-fair/cm-contests>. The following items apply to each division and class:

1. Participants will have one hour (start to finish) for set-up, preparation, and cleanup. Participants must provide all ingredients and equipment except range, microwave oven, and refrigerator.
2. Participants should prepare one recipe, one batch, etc., of the food product focusing on the country or region of celebration. Participants should select a food product that can be prepared within the time limit. For food safety finished dishes prepared at home may not be brought and served at fair. Only yeast products which require proofing will be allowed extra time. Proofing time is done with members out of the kitchen.
3. The use of alcoholic beverages that would be unlawful for a minor to purchase or possess is not permitted.
4. The food prepared must be displayed on a serving platter or tray, or in a dish, bowl, basket, etc. Participants must also display one place setting of the table service which would be used in serving the food at a meal (include plates, tableware, napkin, glasses, tablecloth, placemat, or whatever is appropriate). A card table will be available for each display. A centerpiece may be included if the participant wishes, but is not required.
5. Participants will serve samples of the food to the judge and the public. Paper plates and plastic utensils will be provided by the Fair.
6. **All participants must provide the judge with a "Judges Information Form,"** available from the county Extension Office or at, <https://extension.oregonstate.edu/4h/state-fair#Celebrate>. The judge will ask questions regarding the food and the country or region of focus.
7. All participants must provide a simple poster (approximately 24" x 30") of the recipe to display in the preparation area. Posters will not be returned. Please include 4-H member's name, county and contest name on the poster.
8. Participants are expected to leave the kitchen clean. This will be part of the judge's evaluation.

2019 Celebrate our World: Greece

To celebrate the diversity in our world, each year the Oregon 4-H project areas will focus attention on the cultures of a different country or region of the world. This special emphasis allows members to focus on learning about the country/region and the skills and techniques unique to that culture.

511 800 012 Intermediate - One food product inspired by the Celebrate our World country or region

511 800 013 Senior - One food product inspired by the Celebrate our World country or region

MINI-MEALS

There are two divisions in the contest, Intermediate and Senior. Within those divisions there are individual and team classes. Teams will consist of two members. If one team member is a senior and the other an intermediate, the mini-meal should be entered in the senior division.

4-H members enrolled in the Food and Nutrition and Food Preservation projects may have one entry in each division as long as different dishes are prepared for each. Each participant (or team) must prepare only two dishes. One must be a main dish and the other can be any other food which would either (a) make an entire meal if served together, or (b) be part of a larger meal if other foods were included.

The meal might be a breakfast, lunch, dinner, brunch, buffet supper, snack meal, party meal, etc. Members can utilize food products they have preserved. Judging criteria are outlined on the newly revised 4-H Food and Nutrition Contest Score Sheet (40-457), available at the county Extension office or on the State 4-H website at, <https://extension.oregonstate.edu/4h/state-fair#Celebrate>

The following items apply to each division and class:

1. Participants will have two hours (start to finish) for set-up, preparation, and cleanup. **If you go over the time, you will have points deducted.** Participants must provide all ingredients and equipment except range, microwave oven, and refrigerator. For food safety finished dishes prepared at home may not be brought and served at fair.
2. Participants should prepare one recipe, one batch, etc., of food product. No fixed number of servings is required.
3. The use of alcoholic beverages that would be unlawful for a minor to possess is not permitted.
4. The foods prepared must be displayed on a serving platter or tray, or in a dish, bowl, basket, etc. Participants must also display one place setting of the table service which would be used in serving the meal (include plates, tableware, napkin, glasses, tablecloth, placemat, or whatever is appropriate). A card table will be available for each participant to use for display. A centerpiece may be included if the participant wishes, but is not required.
5. Participants will serve samples of the food to the judge and the public. Paper plates and plastic utensils will be provided by the Extension office.
6. **All participants must provide the judge with a "Judges Information Form," available from the county Extension office, or at,**

<https://extension.oregonstate.edu/4h/state-fair#Celebrate> All participants must provide a poster (approximately 24" x 30") of the recipe to display in the preparation area.

7. Participants are expected to leave the kitchens clean. This will be part of the judge's evaluation.

DIVISIONS

511 602 012 Mini-Meal (Intermediate)

511 602 022 Mini-Meal (Team, Intermediate)

511 602 013 Mini-Meal (Senior)

511 602 023 Mini-Meal (Team, Senior)

Quick Meal Challenge

Participants must be enrolled in the Foods and Nutrition project. Each participant must prepare a nutritious meal for two in 30 minutes. The focus of the challenge is to demonstrate creativity, efficiency and cooking skills. Judging criteria are outlined in the 4-H Food and Nutrition Contest Score Sheet (511-17), available at the county Extension office or on the State 4-H website:

<https://extension.oregonstate.edu/4h/state-fair#Family>. The guidelines for the contest are as follows:

1. Participants will have 15 minutes for set-up, 30 minutes for preparation and cooking, and 15 minutes for cleanup after sharing the meal with the judge. The preparation and cooking time is to be a maximum of 30 minutes. Participants must provide all ingredients and equipment except range, microwave oven, and refrigerator.
2. Participants should prepare breakfast, lunch or dinner for two people. For food safety finished dishes prepared at home may not be served or used as ingredients. Mixes or convenience ingredients such as pre-grated cheese may be included as ingredients but not as stand-alone dishes.
3. The use of alcoholic beverages that would be unlawful for a minor to purchase or possess is not permitted.
4. The food prepared must be displayed on a serving platter or tray, or in a dish, bowl, basket, etc.
1. Participants must also display two place settings which would be used in serving the food at a meal (include plates, tableware, napkin, glasses, tablecloth, placemat, or whatever is appropriate). A card table will be available for use. Participant will serve samples of the food to the judge.
5. All participants must provide the judge with a completed Mini Meal Contest Judge's Information Sheet (511-21) available from the county Extension Office or at,
2. <https://extension.oregonstate.edu/4h/state-fair#Family> which includes cost and nutritional information for the meal. Recipes for each dish should be attached.
6. All participants must provide a poster (approximately 24" x 30") of the recipe to display in the preparation area. Posters will not be returned. Please include 4-H member's name, county and contest name on the poster.
7. Participants should be in appropriate dress for safe cooking and are expected to follow food and kitchen safety procedures. Participants are expected to leave the kitchen clean. This will be part of the judge's evaluation.

8. Meals will be judged on efficiency in the kitchen, creativity, nutrition, presentation, taste, cost effectiveness and food and kitchen safety.

511 605 012 Intermediate, breakfast, lunch or dinner meal for two

511 605 013 Senior, breakfast. Lunch or dinner meal for two

Clothing Contests

4-H CLOTHING SKILLS

May 3-4, 2019

COCC Crook County Open Campus

510 SE Lynn Blvd

Prineville, OR 97754

County contest only

This contest is open to all members enrolled in a clothing project. Participants will be evaluated on use of appropriate techniques and use of equipment, efficient use of time, personal appearance and attitude.

General Rules:

1. Each contestant works independently.
2. Participants shall provide all their own equipment such as: scissors, pins, needles, measuring tape, thread, and they are encouraged to bring their own sewing machine. Extension office will provide steam irons, ironing boards, patterns, fabric, directions and tables.
3. Contestants will participate in the skill level in which they are enrolled.
4. Specific directions for each level are available from the 4-H office.
5. Adults will be present to answer questions during the contest.
6. Participants will be given time limits as outlined below.
7. All skills needed for contest can be found in Let's Sew.

Clothing Contest

320 700 110 Level 1- Pattern/Button — Recommended time: 1 hour

320 700 120 Level 2- Drawstring Bag with Casing — Recommended time: 1 hour

320 700 130 Level 3- Darts & Centered Zipper — Recommended time: 1 ½ hours

320 700 210 Level 4- Collar — Recommended time: 1 ½ hours

320 700 220 Level 5- Seams — Recommended time: 1 ½ hours

320 700 230 Level 6- Lined Vest — Recommended time: 1 ½ hours

320 700 310 Level 7- Bound Buttonhole — Recommended time: 1 ½ hours

320 700 320 Level 8- Matching Plaids — Recommended time: 1 ½ hours

320 700 330 Level 9- Cap sleeves – Recommended time: 1

Sewing Contest Tips

- *Bring your own Machine, thread, notions. While some of these things will be provided, don't take any chances!
- *Know how to change the bobbin, thread and do basic adjustments on your machine.
- *Practice your pattern ahead of time and be sure you understand all the instructions.

4-H KNITTING & CROCHETING SKILLS

May 43-4, 2019

COCC Crook County Open Campus

County contest only

This contest is open to all members enrolled in knitting and crocheting projects. Each member shall provide his/her own hooks (size J) or needles (size 8) such as those used in the project and 4-ply yarn, etc. Written directions will be available at the contest and from county Extension offices. Members may participate in the skill level activity which corresponds to the project level they are enrolled in.

KNITTING CONTEST

Fill in the blank in class number with corresponding number below:

- _1 Junior
- _2 Intermediate
- _3 Senior

Recommended time for phases 1, 2 and 3 is 30 minutes.

360 700 01__ PHASE 1- Garter Stitch Pattern

360 700 02__ PHASE 2- Knit bias binding showing how to increase and decrease stitches.

360 700 03__ PHASE 3- Knit a sample that includes picking up stitches.

Recommended time for phases 4, 5, 6 and 7 is 45 minutes.

360 700 04__ PHASE 4- Knit a sample with a cable stitch or multiple pattern.

360 700 05__ PHASE 5- Knit a pattern using two colors.

360 700 06__ PHASE 6- Knitted Edge

360 700 07__ PHASE 7- Create your own original pattern using skills learned from previous phases. Chart your pattern on graph paper and knit a 5" by 5" square showing your original design.

CROCHETING CONTEST

Fill in the blank in class number with corresponding number below:

- _1 Junior
- _2 Intermediate
- _3 Senior

Recommended time for phases 1, 2 and 3 is 30 minutes.

370 700 01__ PHASE 1- 4"x4" square

370 700 02__ PHASE 2- Old American Granny Square

370 700 03__ PHASE 3- Bi-color Octagon

Recommended time for phases 4, 5, 6 and 7 is 1 hour.

370 700 04__ PHASE 4- Popcorn Stitch

370 700 05__ PHASE 5- Afghan or Tunisian Crochet

370 700 06__ PHASE 6- Create your own original design

Family and Consumer Science Contests

Judging & Identification Skill-a-thon and Consumer Decision Making Contest

To prepare for the FCS Classic Contests, please visit the Oregon 4-H website at:

<https://extension.oregonstate.edu/4h/state-fair#Family> and the Western National Roundup/FCS Classic website at: <http://westernnationalroundup.org/contests-fcs.aspx>

1. To participate in 4-H contests, individuals must be enrolled in 4-H.
2. Ribbons will be awarded based on individual scores.
3. No coaching is allowed during the contest. Parents and leaders must stay back from the competition space and tables.
4. Only official contest materials may be used during the contest with the exception of a clipboard, a pen or pencil and blank paper for taking notes. Notes will not be allowed when giving the presentation to the judge. Members using materials other than those allowed will be disqualified.
5. No talking is allowed by 4-H members after the contest has begun. If 4-H members have a question regarding the contest, the member should address that question to the group leader.
6. Contest facilitators will create teams for the group decision making and presentation portions of the contests. Consideration will be given to age division and the country from which the participant is enrolled.
7. Individuals will be chosen to represent Oregon in the FCS Classic, a National competitive event held in Denver, Colorado. Chosen individuals will be responsible for raising funds associated with expenses for the National Competition

FCS Skill-a-thon Contest

- 300 600 001 FCS Skill-a-thon; Junior Individual (County Only)
- 300 600 002 FCS Skill-a-thon; Intermediate Individual
- 300 600 003 FCS Skill-a-thon; Senior Individual
- 300 600 012 FCS Skill-a-thon, Intermediate Team
- 300 600 013 FCS Skill-a-thon, Senior Team

FCS Consumer Decision Making Contest

- 300 600 012 FCS Consumer Decision Making; Intermediate
- 300 600 013 FCS Consumer Decision Making; Senior

