

Objectives

1. To develop and demonstrate leadership and communications skills.
2. To acquire knowledge of quality standards, size classification, nutritional value, preparation and storage, functional properties, versatility and economic value of eggs.
3. To develop creative skills in preparation, use and serving of eggs.
4. To learn to enjoy eggs as a food.
5. To use sound nutritional knowledge when planning meals.

Eligibility

1. There will be two categories: Grades 7-8 (Junior) and Grades 9 – 12 (Senior).
2. Each county may have one representative in each age division.
3. Agents must submit eligibility sheet for each participant to State 4-H Office by the contest deadline.

Contest Procedure - (See contest scoresheet, attached at the end of this document)

1. Each participant must submit, to the State 4-H Office by the date due, a completed Recipe Certification Form including the recipe.
2. Each participant must present a demonstration on the preparation of an egg dish.
3. The demonstration must include the following:
 - a. Information on eggs: nutritional value, preparation and storage, functional properties, grading and sizing, versatility and economics of cooking with eggs.
 - b. Steps involved in preparation of the dish. (One step must be demonstrated for the judges)
 - c. A finished dish ready for sampling. This must be prepared in the Contest-site kitchen facilities on the day of the contest prior to the demonstration. No contestant may prepare any portion of their dish outside the contest facilities.
 - d. Judges will be served and will sample the finished product at the end of each demonstration. Paper plates and bowls and plastic utensils will be provided to use in serving the judges. Contestants may not give anything to the judges except their recipe and a sample of their finished product.
 - e. The finished product displayed must be the one discussed during the demonstration and the one for which at least one step in preparation is shown.
4. The demonstration must be a maximum of 8 minutes in length for contestants in grades 7-8 and 12 minutes for contestants in grades 9-12. Only posters and table top displays will be allowed. No slides or videos are allowed. All props and visuals must be displayed on the demonstration table or easels. No additional display tables will be allowed.
5. The egg dish must contain a minimum of:
 - a. 1/2 egg per serving if the dish is classified as an appetizer or snack.
 - b. 1/2 egg per serving if the dish is classified as a dessert.
 - c. 1/2 egg per serving if the dish is classified as a beverage.
 - d. One (1) egg per serving if the dish is classified as a salad or main dish.

Large size eggs must be used in the dish. No other sizes are permitted. Numbers above represent eggs to be broken, however, use of the entire egg is not required. For example, a dessert serving 6 people may be made with 3 egg whites. For dishes with two parts, for example, crepes and a filling, count the total number of eggs used in both parts.

6. The egg dish recipe may utilize prepared packages of food ingredients (i.e., grated cheese) or canned items (i.e., tomato paste).
7. To be eligible to be named first place winner, a 4-H'ers recipe must meet the requirements outlined in #5 above.

8. Each participant must furnish all of his/her own food supplies (including eggs), equipment, and clean up items. However, a range, sink, and demonstration table will be available at the contest. Each contestant is responsible for clean up after his/her demonstration.
9. The finished dish must be prepared on-site during the one hour pre-prep period, just prior to the demonstration.

Requirements:

1. A completed Recipe Certification Form (including the recipe), must be submitted to the State 4-H Office by the date due prior to the contest.
2. The recipe must follow the guidelines outlined below:
 - A. Name of recipe.
 - B. List of ingredients -- listed in order they are used in the instructions.
 1. Measurements given in common fractions.
 2. No abbreviations used.
 3. No brand names used.
 - C. Instructions for combining ingredients
 1. Clear instructions for every step of combining and cooking the ingredients.
 2. Short, clear concise sentences.
 3. Correct food preparation terms to describe combining and cooking process.
 4. Size of pan/dish stated, if using.
 5. Temperature and cooking time stated.
 6. Numbers of servings and calories per serving.

Awards:

1. In the event of a tie, ties will be broken by presentation (Part II) score, followed by program content (Part I), followed by product (Part III) .
2. Each participant will receive a certificate (printed by the county from Georgia 4-H certificate website) and an award pin.
3. First, second and third place winners will be recognized with medals.

Grades 9 – 12 (Seniors) Only:

3. The State winner will:
 - a. Become a Master 4-H'er.
 - b. Participate in the recognition of Special Events Winners at State 4-H Congress. Travel to and from State Congress is not covered.
 - c. Present his/her egg preparation demonstration at the National Contest held during the National 4-H Poultry & Egg Conference in Louisville, Kentucky. Travel will be coordinated with the state winning Poultry Judging team and/or the chicken and turkey barbecue contest state winners. A maximum of \$300 is allotted for the 4-Her's expenses and \$300 for the chaperone's expenses.

Here are some tips to share with 4-H'ers as you help them plan their demonstrations as well as some additional information on the competition.

- The ingredients and finished products must be kept either cold (below 40°F) or hot (above 140°F).
- Remember that meat, seafood, poultry, eggs, milk, milk products and the dishes made from any of these products must never be left at room temperature for more than 2 hours.
- To keep foods cold, store them in a refrigerator. To transport foods, wrap them in water-proof packaging and place them in an ice chest with plenty of ice. As the ice melts, drain the water and add more ice. Keep the ice chest in a cool place.
- If you're demonstrating a hot dish, keep the ingredients cold, and then prepare it just before time to serve it to the judges. Hot foods that cannot be served right away must be kept above 140°F from the time they finish cooking until they are served.
- Don't forget to keep your hands, and everything else that comes in contact with food, clean. Be especially careful not to let the juices or surfaces of raw meats, poultry or seafood come in contact with other foods during storage or preparation. Wash everything before and after working with food, so that you don't spread microorganisms.
- For food safety precautions only commercially prepared pasteurized milk, milk products and chesses are allowed. Meat must be USDA inspected. Participants may only use commercially produced eggs and egg products, including mayonnaise and commercially canned foods, not canned foods at home. Ingredients not in its original packaging should have labels on the container which you have used for packing.
- Easels will be provided for the demonstration. Only posters and table-top displays will be allowed. No slides or videos will be allowed. All props and visuals must be displayed on the demonstration table or easels. No additional display tables will be allowed.
- NO contestant will be allowed to have any means of identification as to his or her name or the county they represent either on their person or on their posters.
- Contestants will be assigned a table for use in the preparation area and for use as a front table in the demonstration. The contest committee will assist in moving this table from the preparation room to the demonstration area. A second 8 foot back table is available in the demonstration area.
- Plates will be provided to serve the judges a serving on the prepared dish. Garnish may not be used on the plate served to the judges.

Resources for Information on Eggs:

<https://www.incredibleegg.org/>

<http://www.aeb.org/>

<http://www.incredibleegg.org/egg-facts/eggcyclopedia>

<http://www.eggnutritioncenter.org/>

EGG PREPARATION DEMONSTRATION CONTEST HELPFUL HINTS

Here are some suggestions for improving 4-H demonstrations based on past years' judges' comments from previous contest. These are things that caused 4-H'ers to lose points.

APPEARANCE

- Wear appropriate clothing and comfortable shoes

PRESENTATION

- Have good eye contact with audience.
- Talk while showing 1 step of preparation. Think of this like a cooking TV show.
- Speak in loud, clear voice.
- Use eye-catching visuals that are easy to read from back of room.
- Have basic facts in concise form on posters.
- Observe time limit (maximum of 12 minutes for Seniors, 8 minutes for Juniors).
- Select a theme to dramatize the story and keep the attention of the audience. Tie theme in with information in the demonstration. Select a recipe that complements this theme.

SUBJECT MATTER

- Be familiar with subject.
- Give facts on eggs.
- Use correct terminology.
- Use seasonings appropriate for dish.
- Garnishes can only be used on dish displayed during the presentation and may not be placed on the plates given to the judges. Add colorful and attractive garnish where appropriate. **EX:** pimento, parsley, orange slices, etc.
- Use standard measuring cups and spoons.
- Don't measure over mixing bowl.
- Pre-measure ingredients.
- Break eggs into smaller, separate bowl. Have all eggs, but one, already broken in order to demonstrate technique.
- Use hard acrylic or plastic spoon for mixing and rubber spatula for scraping.
- Don't beat or tap spoon or spatula on edge of bowl.
- Use trays to organize equipment.
- Use clear mixing bowls when possible.
- If hard-cooked eggs are needed, bring them already cooked.
- Use appropriate place setting to show off completed dish.

CREATIVITY / ACHIEVEMENT OF PURPOSE

- Increase audience appeal by using a demonstration theme that reflects your dish.
- Select innovative or creative recipe.

EGG PREPARATION DEMONSTRATION CONTEST SCORECARD

100 Points Possible

RECIPE NAME _____ CONTESTANT NAME _____

SCORING FACTORS	MAX. SCORE (100)	JUDGE'S SCORE
I. PROGRAM CONTENT (35 points)		
Introduction.....	(5)	_____
Visual impact: introduction sparks interest, importance established, purpose outlined.		
General Nutrition Information:	(10)	_____
Accurate, complete, up-to-date, correct terminology: knowledge of nutrients in eggs, attention to balanced meals, health aspects, appropriate references.		
Knowledge of Eggs	(10)	_____
Nutritional value, preparation and storage, functional properties in foods, grading and sizing, use in menu planning, appropriate references.		
Summary of Main Points	(5)	_____
Response to Judges' Questions	(5)	_____
II. PRESENTATION & SKILL (35 points)		
Appearance	(5)	_____
Neatly and appropriately dressed, hair neat and restrained, hands and nails cleaned, no distracting jewelry.		
Delivery.....	(10)	_____
Voice projection, interpretation of information, confidence and speaking ease, avoidance of cliches, general effect on audience.		
Work Techniques	(15)	_____
Acceptable food demonstration techniques and equipment, ease and efficiency in work, materials conveniently arranged, work sequence, table and work area clean and neat.		
Visuals.....	(5)	_____
Appropriate, neat, clean, visually appealing, easily read or seen.		
Contribute(s) to demonstration.		
III. THE PRODUCT (30 points)		
Sensory Appeal.....	15)	_____
Appetizing appearance, aroma and flavor.		
Reasons for Selection.....	(5)	_____
Dish is selected for economy, convenience, nutrition, health aspects, family favorites for teen or other suitable reasons.		
Health Aspects	(5)	_____
Dish appropriate nutritionally for intended use; not exceptionally high in fat, calories or sodium.		
Recipe	(5)	_____
Correctly written, preparation time not excessive, ingredients available and economical, is appropriate for today's lifestyles.		
TOTAL	100	_____

For more information, contact your local UGA Extension office at 1-800-ASK-UGA1.

The University of Georgia 4-H program is the largest youth leadership organization in the state.

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