

# DAIRY FOODS SCIENCE SKILL-A-THON GUIDELINES

Sponsored by Land O'Lakes Foundation, Inc.



The Dairy Foods Science Skill-a-thon is an educational activity for youth to share their knowledge and skills gained in the Foods-Nutrition project. The purpose is to encourage youth to learn the nutritional contributions of dairy products and acquire skills in planning, purchasing, preparing, and serving dairy products in meals and snacks. The skill-a-thon includes 4-H'ers participating in County Presentation Day or Favorite Foods Day as well as the Tulare Co. 4-H Fair.

## GUIDELINES

The Dairy Foods Science Skill-a-thon is open to all members enrolled in the Foods-Nutrition Project. Primary members are not eligible to participate. Participation is on an individual basis, this is not a group activity. To participate in the Dairy Foods Science Skill-a-thon, 4-H members must enter all components of this activity which includes the following:

### COUNTY PRESENTATION DAY OR FAVORITE FOODS DAY

1. A 4-H member must present a demonstration or an illustrated talk related to the topic of Dairy Foods Science (i.e. calcium for strong bones, butter making, ice cream making, caring for milk products). The presentation must be done at either County Presentation Day or Favorite Foods Day.
2. Presenting at County Presentation Day is the optimal choice. By presenting at this event, a member can receive a medal if awarded a gold seal and have the choice to present at Sectional Presentation Day. If the 4-H'er chooses to present at Favorite Foods Day, the youth will receive a certificate with seal earned. There is no medal awarded at Favorite Foods Day and the 4-H'er is not able to advance to Sectional Presentation Day through this venue.
3. Youth wanting to participate in the Dairy Foods Science Skill-a-Thon must use the sign up form in the newsletter to designate which event they will present their demonstration or illustrated talk, either at Favorite Foods Day, February 27, or County Presentation Day, March 13. Those participating in the County Presentation Day must also sign up for that event through the club's point of contact person. The deadline for submitting the response form is February 8, 2010 to participate in the Favorite Foods Day or February 22, 2010 for County Presentation Day. See the December, January, or February newsletter for more information.
4. At the time of the presentation, the 4-H'er must submit a copy of their demonstration or illustrated talk script to one of the judges. The script may be either in an outline or entire text format.



5. Entrants will be divided into the following divisions:
  - a. DIVISION 1 4<sup>th</sup> - 6<sup>th</sup> Grade
  - b. DIVISION 2 7<sup>th</sup> - 8<sup>th</sup> Grade
  - c. DIVISION 3 9<sup>th</sup> Grade & Above
6. Award received will be given points to be included with scores received at Tulare Co. 4-H Fair (Gold Seal - 100 points; Blue Seal - 85 points; Red Seal - 70 points; Any Other Seal 55 points)

## **Tulare Co. 4-H Fair**

*Enter Dairy Foods Science Skill-a-thon on the entry form located in the Tulare Co. 4-H Fair book. The 4-H'er must participate in all three segments at the 4-H Fair plus give a demonstration or illustrated talk at the 2010 County Presentation Day or 2010 Favorite Foods Day.*

1. Dairy Foods Promotion (New Category for the Skill-a-Thon)
  - a. Participant must enter two items in the Dairy Foods Science Skill-a-Thon. Each entry's recipe must contain at least two (1/2 cups each) of dairy products. A recipe card with the complete instructions and ingredients must be attached to each food exhibit. Dairy products must be underlined on the recipe card. For each class, there are no restrictions on frostings, nuts, etc.
    - i. CLASS 1 Bar Cookies (1/2 dozen)
    - ii. CLASS 2 Cookies (1/2 dozen)
    - iii. CLASS 3 Cake (1/2 cake + 1 slice)
    - iv. CLASS 4 Quick Bread (1/2 loaf + 1 slice)
    - v. CLASS 5 Muffins (1/2 dozen)
  - b. Do not use packaged or pre-mixed foods.
  - c. Foods that require refrigeration may not be entered.
  - d. All exhibits must be displayed on disposable containers and wrapped carefully for freshness.
  - e. Please stipulate on the entry tag if the item has been frozen.
  - f. Entrants will be divided into the following divisions:
    - i. DIVISION 1 4<sup>th</sup> - 6<sup>th</sup> Grade
    - ii. DIVISION 2 7<sup>th</sup> - 8<sup>th</sup> Grade
    - iii. DIVISION 3 9<sup>th</sup> Grade & Above
  - g. Awards received will be given points to be included with other scores received (Blue Ribbon - 50 points; Red Ribbon – 42.5; White Ribbon 35)
2. Dairy Foods Science Educational Display
  - a. Research a dairy foods science topic, such as nutritional facts about dairy products, the science of making cheese, or cheese and mold, and design and create an educational free-standing table top display which explains in detail your topic. The display needs to have a balance of written information, display items (if applicable), and/or captioned pictures. Minimum size for a poster board display is 22" x 28".
  - b. Entry is limited to one educational display.



- c. Entrants will be divided into the following divisions:
    - i. DIVISION 1 4<sup>th</sup> - 6<sup>th</sup> Grade
    - ii. DIVISION 2 7<sup>th</sup> - 8<sup>th</sup> Grade
    - iii. DIVISION 3 9<sup>th</sup> Grade & Above
  - d. Award received will be given points to be included with other scores received (Blue Ribbon - 100 points; Red Ribbon - 85; White Ribbon 70)
3. Dairy Foods Science Showmanship
- a. 4-H members will participate in an exhibitor interview regarding their knowledge of Dairy Foods Science. The interviews will take place at the Tulare Co. 4-H Fair, Thursday, April 29, 2010, 6:00 P.M. Participants will sign in for an interview time slot.
  - b. 4-H members are to be neatly and appropriately dressed for an interview.
  - c. Entrants will be divided into the following divisions:
    - i. DIVISION 1 4<sup>th</sup> - 6<sup>th</sup> Grade
    - ii. DIVISION 2 7<sup>th</sup> - 8<sup>th</sup> Grade
    - iii. DIVISION 3 9<sup>th</sup> Grade & Above
  - d. Each participant will be individually scored. Points received, maximum number is 200, will be combined with the points received from the presentation, Dairy Foods Promotion entries, and the educational display to determine the overall score.
4. Dairy Foods Science Skill-a-thon Awards
- a. The awards in each grade division are as follows:
    - i. 425 – 500 points: \$200 Savings Bond, Certificate, and Blue Rosette Ribbon
    - ii. 350 – 424 points: Certificate and Red Rosette Ribbon
    - iii. 349 & Below points: Certificate and White Rosette Ribbon
  - b. A dairy industry tour will be planned for the participants after the Tulare Co. 4-H Fair.

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