

2023 *Fun with Arts* — April 8th, 2023

and

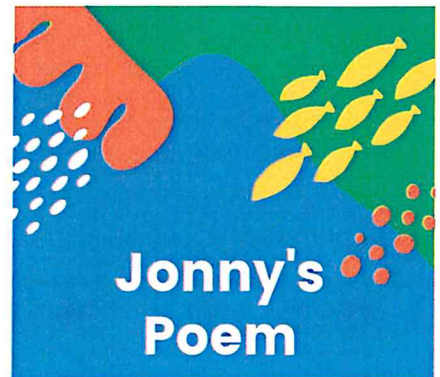
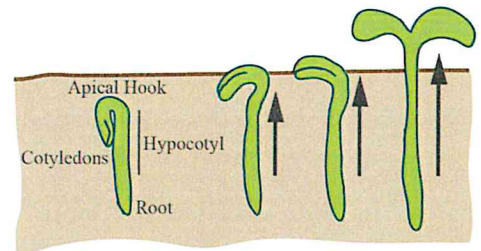
*Fun with Foods* — April 29th, 2023

at the

**UC Cooperative Extension / 4-H**

**Auditorium**

2156 Sierra Way, SLO, CA 93401



# 2023 FUN with ARTS & FUN with FOODS

**Each Event is being held on its respective date – RAIN Cancels the Events.**

**Fun with Arts on Saturday, 4/8/23 and**

**Fun with Foods on Saturday, 4/29/23**

**at the UCCE Auditorium, 2156 Sierra Way, San Luis Obispo, 93401**

**JOIN IN THE FUN:** You are invited to join in the Fun with Arts event on Saturday, April 8<sup>th</sup> 2023 and the Fun with Foods event on Saturday, April 29<sup>th</sup>, 2023. We have a limit of 30 registrations for each event.

Check-in is from 8:30 a.m. – 8:50 a.m. These events will run from 8:30 to 12 Noon. 4-H members of all ages can enter these fun events. Special Activity Rotations will focus on Nutrition, Arts and Crafts, and Community Service for each event. **For the Community Service activity, please bring 2 items of non-perishable food items such as canned foods, rice, beans, pasta to each event: 4/8/23 and 4/29/23.**

**WHO CAN PARTICIPATE:** All regular 4-H Members entering these events must be *a member of good standing* in the current 4-H Program Year (7/1/22-6/30/23) *which means that you have completed the enrollment process and you are enrolled in at least 1 project and that you comply with the 4-H Member of Conduct.* **Members can be enrolled in any project to enter these events.** We encourage all regular members to enter at least 2 separate categories, but you can enter a maximum of 4 categories total - (limit 1 entry per Category). **In order to submit an entry, 4-H members must be present and participate in these events.**

**Here are the links to Register for each event:** Online Registration Form and Registration Fee are due for Fun with Arts on Friday, March 24, 2023 and Fun with Foods on April 14, 2023.

- **Fun with Arts on April 8<sup>th</sup>, 2023 is this link: (See the Guidelines Section Pages 5-14)**  
<https://form.jotform.com/230376229144151>
- **Fun with Foods on April 29, 2023 is this link: (See the Guidelines Section Pgs. 15 to 22)**  
<https://form.jotform.com/230376380551151>

**Primary Member Participants:** Primary Members (5 years of age to 8 years of age as of December 31, 2022) may participate in this event. **However, Primary Members must have a parent or guardian with them throughout the entire event, including activities.** Primary Members receive a Participation Ribbon and Certificate following the State 4-H guidelines.

## **ENTRY FEES**

There will be a **\$5 Registration Fee per person** (not per category entry) for both events. The \$5.00 Registration fee can be via cash or check. **Checks are payable to SLO CO 4-H YDP** and are due by the Due Dates mentioned above. **Please Mail or Drop off your Registration Fee to:** 4-H Office, 2156 Sierra Way, Suite # C, San Luis Obispo, CA 93401. 4-H Clubs are not responsible for any of the registration fee final payment this year. 4-H Members are responsible for their own Registration Fee payment.

## **ENTRIES, JUDGING, AND AWARDS**

All entries must be the work of the 4-H member. To set up the entries, **only members can place their items along with their 3 x 5 Description card in the Staging area when they arrive.** Certificates are awarded to all members. The Danish system of judging is used to determine individual awards, which are based on merit, as determined by the judges.

**A Medal will be awarded to Regular 4-H members (Ages 9-19) receiving at least two gold seals on their entries. Members are encouraged to enter more than one Category to qualify for a Medal – a maximum of 4 entries per member is allowed (1 entry per Category).** Primary Members will receive a Participation Ribbon and Certificate. **All judging is closed to the public, and the Judging Area is Restricted until all judging is complete.**

## **PARENT / ADULT PARTICIPATION – VOLUNTEERING OPPORTUNITY**

Parents, guardians, and other adults are welcome to attend these events. All adults who wish to stay will sign in at the Registration Table at these events.

**All 4-H members and their entries must be picked up by 12 Noon. Entries will not be kept by the 4-H Office, the entries will be disposed of after each event if they are not picked up by 12 Noon.**

**CONCLUSION OF EVENTS:** All 4-H Members will participate in the clean-up activity at the conclusion of each event.

## *2023 Fun with Arts & Fun with Foods*

### **SCHEDULE for Both Events – RAIN will Cancel these Events**

**These events will be held in the  
UCCE Auditorium, 2156 Sierra Way, SLO CA 93401**

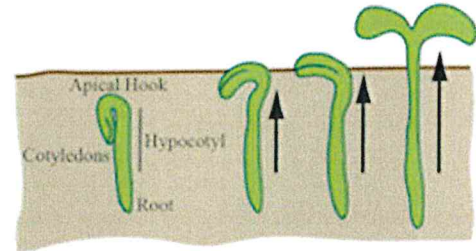
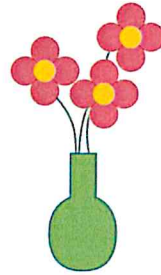
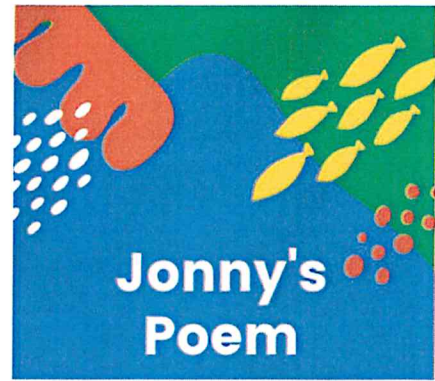
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|-------------------|--|
| 8:30 – 8:50 a.m.  | Event Registration and Set Up Entries<br>(All entries must be in place by 8:50 a.m.) |
| 9:00 - 9:15 a.m.  | Welcome/Orientation  |
| 9:20 – 11:00 a.m. | Project Judging & 4-H Members Rotate to Group Activities                             |
| 11:15 a.m.        | Awards Presentation  |
| 11:45 – 12 Noon   | Final Clean-up Activity by 4-H members   |

Times are subject to change depending upon the number of participants entered.

San Luis Obispo County 4-H Youth Development Program  
*2023 Fun with Arts & Fun with Foods*

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*April 8<sup>th</sup>, 2023*  
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*with Arts*  
*Section*  
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San Luis Obispo County 4-H Youth Development Program

*2023 Fun with Arts  
Birdhouse Guidelines*

**Classes:**

- |  |
|--|
| <p><b>P Primary Member:</b> 5 -8 years old Dec. 31, 2022</p> <p><b>J Junior:</b> 9 – 10 years of age as of Dec. 31, 2022</p> <p><b>I Intermediate:</b> 11 – 13 years of age as of Dec. 31, 2022</p> <p><b>S Senior:</b> 14 - 19 Years old by Dec. 31, 2022</p> |
|--|

***Birdhouse Category***

**General Requirements:**

- Open to all members currently enrolled and in good standing in a SLO County 4-H Club.
- Only one (1) entry is allowed in this category.
- All entries must have been made during the current year.
- Entries may use a purchased birdhouse which is then decorated or build a birdhouse from scratch.

**What to Bring:**

- Your completed birdhouse.
- **The member must bring a 3" x 5" card typed, or neatly printed, with a brief description of how the entry was made. Member can use this card when presenting entry to the judge and to answer questions including the knowledge & preparation of entry. Please write member's name and club name on reverse side of the card.**

**Judging Criteria**

**Workmanship – neat, organized, and appropriate work for age**

**Creativity - -Shows creativity and individual style**

**Appearance --Good use of colors and materials**

**Interview with Judges**

San Luis Obispo County 4-H Youth Development Program

*2023 Fun with Arts*

*Fine Arts/Crafts*

**Classes:**

- |  |
|--|
| <p><b>P Primary Member:</b> 5 -8 years old Dec. 31, 2022</p> <p><b>J Junior:</b> 9 – 10 years of age as of Dec. 31, 2022</p> <p><b>I Intermediate:</b> 11 – 13 years of age as of Dec. 31, 2022</p> <p><b>S Senior:</b> 14 - 19 Years old by Dec. 31, 2022</p> |
|--|

***Fine Arts/Crafts Category***

**General Requirements:**

- Open to 4-H members currently enrolled and in good standing in a SLO County 4-H Club.
- The member may enter only **one (1)** item in this Category.
- All entries must have been made during the current project year.
- Do not write member’s name or club on the exhibit.
- Members do not need to be enrolled in these projects in the Examples listing below.

**Examples of acceptable entries (not a complete list):**

- Crafts (jewelry making, macramé, decoupage, stained glass, bead craft, candle making, soap making, puppetry, or paper craft, etc.)
- Fine Arts (pencil drawings, watercolor or acrylic paintings, sculpture, or ceramics, etc.)
- Graphic Arts (printmaking and drawings using historical or modern techniques)
- Wood & Metal Workings
- Leather crafts
- Canvas/multi-media collages (See Poster/Collage Guidelines for Specifics)
- Scrapbook pages – 2 pages required
- Members must be prepared to present item.

**What to Bring:**

- Your completed item
- **The member must bring a 3” x 5” card typed, or neatly printed, with a brief description of how the entry was made. Members can use this card when presenting entry to the judge and to answer questions including the knowledge & preparation of entry. Please write member’s name and club name on reverse side of the card.**

**Judging Criteria:**

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|--|
| <p><b>Workmanship</b> - Suitable for intended purpose, and shows uniqueness and technical knowledge and skills</p> |
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|   |
|---|
| <p><b>Appearance</b> – Pleasing, effectively presented, neat, and clean</p> |
|---|

|  |
|--|
| <p><b>Creativity/Design</b> – Imaginative, original, and materials uniquely used</p> |
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|                                     |
|-------------------------------------|
| <p><b>Interview with Judges</b></p> |
|-------------------------------------|

San Luis Obispo County 4-H Youth Development Program

*2023 Fun with Arts*  
*Floral Arrangements Guidelines*

**Classes:**

- |   |
|---|
| <b>P Primary Member:</b> 5 -8 years old Dec. 31, 2022           |
| <b>J Junior:</b> 9 – 10 years of age as of Dec. 31, 2022        |
| <b>I Intermediate:</b> 11 – 13 years of age as of Dec. 31, 2022 |
| <b>S Senior:</b> 14 - 19 Years old by Dec. 31, 2022             |

***Floral Arrangements Category***

**General Requirements:**

- Open to 4-H members currently enrolled and in good standing in a SLO County 4-H club.
- Only **one (1)** entry in this Category is allowed.

**Floral Arrangements General Descriptions:**

- Member must provide a 3" x 5" card typed, or neatly printed, with a brief description of why these materials were selected and arranged in this manner. Member can use this card when presenting entry to the judge and to answer questions including the knowledge & preparation of entry. Please write member's name and club name on reverse side of the card.
- Real, silk or other artificial flowers and foliage may be used in the arrangement.
- Props (accessories) may be used.
- Any flowers showing signs of infestation will be disqualified.

**Examples of Acceptable Entries (not a complete list):**

- Flower arrangements
- Corsages
- Boutonnieres.

**What to Bring:**

- Your completed item.
- 3"x 5" card with information (see instructions above)

**Judging Criteria:**

**Construction** - Assembly, design, color, and size

**Layout** - Structure, Condition, Suitability

**Creativity** – Distinction, originality, arrangements, and container

**Interview with Judges**

San Luis Obispo County 4-H Youth Development Program

*2023 Fun with Arts*  
*Garden Stepping Stone Guidelines*

**Classes:**

- |   |
|---|
| <b>P Primary Member:</b> 5 -8 years old Dec. 31, 2022           |
| <b>J Junior:</b> 9 – 10 years of age as of Dec. 31, 2022        |
| <b>I Intermediate:</b> 11 – 13 years of age as of Dec. 31, 2022 |
| <b>S Senior:</b> 14 - 19 Years old by Dec. 31, 2022             |

***Garden Stepping Stone Category***

**General Requirements:**

- Open to all members currently enrolled and in good standing in a SLO County 4-H Club.
- Only one (1) entry is allowed in this Category.
- **Garden Stepping Stone (a stepping stone kit is allowed) must be completely dry and out of its mold.**
- **Broken, cracked or damaged Garden Stepping Stone will have points deducted but will still be accepted.**
- ***NOTE: Your Garden Stepping Stone should not have any raised materials that would prevent it from being used as a true Garden Stepping Stone.***

**What to Bring:**

- Your completed Garden Stepping Stone.
- **The member must bring a 3" x 5" card typed, or neatly printed, with a brief description of how entry was made. Member can use this card when presenting entry to the judge and to answer questions including the knowledge & preparation of entry. Please write member's Name and Club name on Reverse Side of the card.**

**Judging Criteria:**

**Craftsmanship** -- Good construction, age appropriate work

**Creativity/Design** - Decoration complements design, shows individual style

**Appearance** – Looks neat and finished, good use of color and materials

**Interview with Judges**

San Luis Obispo County 4-H Youth Development Program

*2023 Fun with Arts*

*Plant Science Guidelines*

**Classes:**

- |  |
|--|
| <p><b>P Primary Member:</b> 5 -8 years old Dec. 31, 2022</p> <p><b>J Junior:</b> 9 – 10 years of age as of Dec. 31, 2022</p> <p><b>I Intermediate:</b> 11 – 13 years of age as of Dec. 31, 2022</p> <p><b>S Senior:</b> 14 - 19 Years old by Dec. 31, 2022</p> |
|--|

***Plant Science Category***

**General Requirements:**

- Open to 4-H members currently enrolled and in good standing in a SLO County 4-H club.
- Only **one (1)** entry in this Category.

**Plant Science General Descriptions:**

- Potted plants must be in suitable containers for display.
- Props (accessories) may be used.
- No dyed, artificial, painted plants may be used.
- Any plant damaged by insects/pests or showing signs of infestation will be disqualified.
- **Member must provide a 3" x 5" card typed, listing date of planting, plants used with common and scientific names of the plants used, identify the soil medium used, and identify the environment (full sun, shade, humidity...). Member can use this card when presenting entry to the judge and to answer questions including the knowledge & preparation of entry. Please include name and club name on the reverse side of card.**

**Examples of Acceptable Entries (not a complete list):**

**Indoor Plants & Terrariums – [Entries may not exceed a 2 ½ gallon glass terrarium OR use a smaller container].**

The growing of plants, herbs, fruits, flowers, or vegetables in a small container.

This includes:

- Succulent and or cactus mini garden
- Mini Dish gardens; herbs and or plants, seedlings or full grown
- Flowering and or green plant mini garden; seedlings or full grown
- Terrariums – closed environment, may have lid, high sides.
- All other mini gardens: seedling or full grown
- Hydroponics is a soil free gardening method. Instead of planting in soil, you plant in a nutrient and oxygen rich aquatic environment.

Continued ~

## ***Plant Science Category***

### **General Requirements:**

**Bonsai** – Any attempt to capture the feeling of a tree from nature in a small container that can be enjoyed in your garden or home.

**Potted & Flowering Plants & Foliage** - The propagation and cultivation of flowering and ornamental plants and the arranging of plants and flowers. This includes:

- Potted plants
- Flowering Plants
- Foliage

### **What to Bring:**

- Your completed item not to exceed a 2 ½ gallon glass terrarium/aquarium or not to exceed 20 lbs.
- **Member must provide a 3" x 5" card typed, listing date of planting, plants used with common and scientific names of the plants used, identify the soil medium used, and identify the environment (full sun, shade, humidity...). Member can use this card when presenting entry to the judge and to answer questions including the knowledge & preparation of entry. Please include name and club name on the reverse side of the card.**

### **Judging Criteria:**

**Construction** - Assembly, design, color, and size

**Layout** - Structure, Condition, Suitability

**Creativity** – Distinction, originality, arrangements, and container

**Interview with Judges**

San Luis Obispo County 4-H Youth Development Program

*2023 Fun with Arts*

*Poem Guidelines*

**Classes:**

- |   |  |
|---|--|
| P | Primary Member: 5 -8 years old Dec. 31, 2022           |
| J | Junior: 9 – 10 years of age as of Dec. 31, 2022        |
| I | Intermediate: 11 – 13 years of age as of Dec. 31, 2022 |
| S | Senior: 14 - 19 Years old by Dec. 31, 2022             |

**Poem Category**

**General Requirements:**

- Open to 4-H members currently enrolled and in good standing in a SLO County 4-H club.
- Only **one (1)** entry in this Category is allowed.

**Poem Descriptions:**

- **Memorization is Not Required.**
- **Member must provide a 2<sup>nd</sup> neat copy of the complete poem for the judge.** Also prepare a 3 x 5 card neatly typed or printed with a brief description of why the poem was selected. Write name and club name on the reverse side of the card.
- Introduction to Poem/Creativity: Content (intro and conclusion analysis) was appropriate for presenter's ability. **What is the Reason for choosing this poem?**
- Structure: Body: Selected reading was well selected/edited; Smooth transition; Length was within 1-5 minutes.
- Mechanics of Presenting: Poise & confidence, Eye contact with audience, Included expression: verbal: projection, tone, speech rate
- Appearance: Appropriate attire for the occasion; response to questions. Member can dress-up to enhance the poem reading.

**What to Bring:**

- Your prepared Poem with a 2<sup>nd</sup> copy to hand to the judge.
- **3"x 5" card with information (see instructions above)**

**Judging Criteria:**

**Creativity:** Content, intro & conclusion analysis; appropriate for presenter's ability

**Structure:** body of poem well selected/edited; smooth transition, length

**Mechanics of Presenting:** Poise, expression, eye contact, confidence

**Informational Value:** Reasons for choosing poem, appearance, response to questions

**Interview with Judges**

San Luis Obispo County 4-H Youth Development Program

*2023 Fun with Arts*

*Poster/Collage Guidelines*

**Classes:**

- |   |  |
|---|--|
| P | Primary Member: 5 -8 years old Dec. 31, 2022           |
| J | Junior: 9 – 10 years of age as of Dec. 31, 2022        |
| I | Intermediate: 11 – 13 years of age as of Dec. 31, 2022 |
| S | Senior: 14 - 19 Years old by Dec. 31, 2022             |

**Poster/Collage Category**

**General Requirements:**

- Open to all members currently enrolled and in good standing in a SLO County 4-H club.
- Only one (1) entry is allowed in this Category.
- Posters should be educational in nature about a subject; a title is required.
- Collages are a collection of themed pictures; a title is optional.
- Include information about the subject. Keep it simple. It must be legible from three feet away.
- Poster or collage size should be a minimum of 22" x 28" & maximum of 22" x 30", **in a portrait/vertical layout** (not landscape/horizontal) and ready for display.
- Any work done on Canvas or Multi-media OR not the size listed above **should be entered in Fine Arts/Crafts Category ONLY for the Fun with Arts Event on 4/8/23.**
- Regular or foam poster board may be used.
- **No Trifold Posters.**
- **Print your name and club name on the back top right corner of the poster.**

What to Bring:

- Your completed poster or collage.
- **The member must bring a 3" x 5" card typed, or neatly printed, with a brief description of how entry was made. Member can use this card when presenting entry to the judge and to answer questions including the knowledge & preparation of entry. Please write member's Name and Club name on Reverse Side of the card.**

**Judging Criteria**

**Quality of Construction** – Is the layout and design neat and orderly?

**Subject Content** – Is the theme carried out and appropriate to the title?

**Informational Value** – Is it informative? Is the message clear and accurate?

**Originality and Creativity** – Is the color coordination and design complementary?

**Interview with Judges**

San Luis Obispo County 4-H Youth Development Program

*2023 Fun with Arts*

**Trash to Treasure Guidelines**

**Classes:**

- |  |
|--|
| <p><b>P Primary Member:</b> 5 -8 years old Dec. 31, 2022</p> <p><b>J Junior:</b> 9 – 10 years of age as of Dec. 31, 2022</p> <p><b>I Intermediate:</b> 11 – 13 years of age as of Dec. 31, 2022</p> <p><b>S Senior:</b> 14 - 19 Years old by Dec. 31, 2022</p> |
|--|

***Trash to Treasure Category***

**General Requirements:**

- Open to 4-H members currently enrolled and in good standing in a SLO County 4-H club.
- Only one (1) entry is allowed in this Category.
- Take 2-3 Items or more that were headed to the trash bin and re-imagine it as a usable item. (Examples: a mosaic from a broken crock, an eggshell craft, or a plastic sculpture with found items).
- Appearance/Transformation: Presentation should be neat, clean, and orderly.
- Use of end-product “final treasure” should be understood.
- Creativity and Design: Use item(s) in a unique manner demonstrating imagination & creativity.
- The higher percentage of “recycled items” you are able to use, the higher your score will be.
- Craftsmanship: Should match the member’s skill and age; a finished product should show its uniqueness and be suitable for intended purpose.

**What to Bring:**

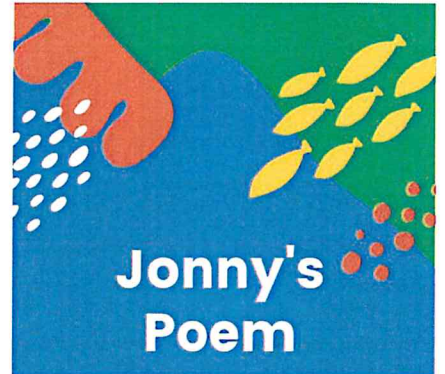
- Your completed item
- **Include a 3” x 5” card, typed, or neatly printed, with a brief description of how the entry was made, and the recycled item(s) and other materials used. Member needs to be able to discuss the re-purposed parts into what the “final treasure” is. Members can use this card when presenting entry to the judge and to answer questions including the knowledge & preparation of entry. Please write member’s name, club, on reverse side of the card.**

**Judging Criteria:**

|  |
|--|
| <p><b>Creativity/Design</b> (Including percentage of Recycled Materials) materials used in a unique way</p> <p><b>Appearance</b> - Neat and clean, effective presentation</p> <p><b>Workmanship</b> (Including use of recycled materials) – object suitable for intended purpose</p> <p><b>Interview with Judges</b></p> |
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Tools From Wilton



*April 29<sup>th</sup>, 2023*  
*Fun*  
*with Foods*  
*Section*  
*Pages 15-22*

San Luis Obispo County 4-H Youth Development Program

*2023 Fun with Foods*  
*Animal Nutrition Guidelines*

**Classes:**

- |   |
|---|
| <p><b>P Primary Member:</b> 5 -8 years old Dec. 31, 2022</p> <p><b>J Junior:</b> 9 – 10 years of age as of Dec. 31, 2022</p> <p><b>I Intermediate:</b> 11 – 13 years of age as of Dec. 31, 2022</p> <p><b>S Senior:</b> 14 -19 years old by Dec. 31, 2022</p> |
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***Animal Nutrition Category***

**General Requirements:**

- Open to members currently enrolled and in good standing in a SLO County 4-H club.
- Only **one (1) project** entry in this Category is allowed.
- You may only enter **one (1)** type of animal food or treat.
- **A recipe and the nutritional value of the animal food or treat is required. The recipe must be typed or neatly printed on a 3" x 5" card. Please bring one (1) copy of recipe for the Judge. Please write member's name and club on reverse side of the card.**
- The 4-H member must prepare the animal food or treat.
- Member must present a small portion of the prepared animal food or treat to the judges.
- The member must be prepared to answer questions about the item that they prepared. This will include the knowledge of the preparation.
- The member should be dressed neatly and have clean hands and nails.

**What to Bring:**

- **One (1)** type of animal food or treat – 4 pieces of treat or one cup of food on a disposable plate.
- **One 3" x 5" recipe card with your full recipe typed or neatly printed on it and a brief description of the nutritional value. Member can use this card to answer questions when presenting the item to the judge. Please write member's name, club, on reverse side of the card.**

**Judging Criteria:**

|   |
|---|
| <p><b>Quality</b> - Taste, texture, appearance, and knowledge of recipe preparation</p> <p><b>Nutritional Value</b> - Why it is good for your animal</p> <p><b>Member Interview</b> - Demonstrates overall knowledge, member is neat and well-groomed</p> <p><b>Interview with Judges</b></p> |
|---|

San Luis Obispo County 4-H Youth Development Program  
*2023 Fun with Foods*  
*Cake Decorating Guidelines*

**Classes:**

- P Primary Member:** 5 -8 years old Dec. 31, 2022  
**J Junior:** 9 – 10 years of age as of Dec. 31, 2022  
**I Intermediate:** 11 – 13 years of age as of Dec. 31, 2022  
**S Senior:** 14 - 19 Years old by Dec. 31, 2022

## Cake Decorating Category

### General Requirements:

- Open to members currently enrolled and in good standing in a SLO County 4-H Club.
- **See instructions for cake/cupcake requirements for each Age Class below.**
- Use of Styrofoam is acceptable for the cake. You are required to use frosting.
- Cake is on a well-supported base.
- Decorate the cake or cupcakes using edible decorations only.
- Use of Styrofoam is acceptable for the cake. You are required to use frosting.
- Assemble all cakes/dummies as though they were a real cake.

### Technique Expectations for Exhibitors:

#### Primary Member Level – (P)

Learn to decorate a cake using the basic skills of cake decorating. Learn to prepare frosting/icing, the basic use of cake decorator tips and the proper applications.

Exhibit **one (1)** decorated single layer cake -OR- **one (1)** single layer dummy cake (8 or 9 inches square or round pan) **or three (3) cupcakes.**

Using at least **two (2)** decoration tips or types of decorations and 2 colors.

#### Junior & Intermediate Levels

**Continue to improve present cake decorating skills**

Exhibit **one (1)** decorated single layer cake -OR- **one (1)** single layer dummy cake (8 or 9 inches square or round pan) **or three (3) cupcakes.**

Using at least **three (3)** decoration tips and 2 colors in addition to the final base frosting color for the cake or cupcake.

### *Cake Decorating Category, Continued*

# Cake Decorating Category

## General Requirements:

### Senior

Continue to show improvement in technique and develop new and more advanced skills. Learn complex levels of cake decorating, composition of the cake, what makes the cake attractive.

Decorate and exhibit **one (1)** cake -OR- one **(1)** dummy cake 8-9 inches, Double Layer -OR- **4 Cupcakes**. Using at least **four (4)** decoration tips and 3 colors in addition to the final base frosting color for the cake or cupcake.

#### What to Bring:

- Your completed item.
- **A 3"x 5" card must be typed, or neatly printed. For a cake briefly describe the techniques & cake decorator tips used. Member can use this card when presenting entry to the judge and to answer questions including the knowledge & preparation of entry. Write member's name and club name on reverse side of the card.**

#### Judging Criteria:

**Workmanship** – Shows technical skill, colors coordinate, frosting compatible with design

**Appearance** – Overall pleasing appearance, cake board effectively presented

**Creativity/Design** – Imaginative, unique and/or original idea, materials used in a unique manner

**Interview with Judges**

San Luis Obispo County 4-H Youth Development Program

*2023 Fun with Foods*  
*Foods & Nutrition Guidelines*

Classes:

- |  |
|--|
| <p>P Primary Member: 5 -8 years old Dec. 31, 2022</p> <p>J Junior: 9 – 10 years of age as of Dec. 31, 2022</p> <p>I Intermediate: 11 – 13 years of age as of Dec. 31, 2022</p> <p>S Senior: 14 - 19 Years old by Dec. 31, 2022</p> |
|--|

***Foods & Nutrition Category***

**General Requirements:**

- Open to members currently enrolled and in good standing in a SLO County 4-H club. Only **one (1)** entry per Category is allowed. Enter **one (1)** food item, not the entire meal.
- The food must be prepared by the member.
- The member must present a small portion of the prepared food to the judges for tasting.
- **The member is required to plan a nutritionally balanced menu. This should include fruit, vegetables, protein, carbohydrates and a beverage. The menu must include the food they are presenting to the judges. The menu must be typed on a second 3" x 5" card or neatly printed. The member must present this card at the time of judging.**
- The member must be prepared to answer questions about the food he/she prepared. This will include the knowledge of the preparation of the recipe, ingredients, taste, texture, and appearance.
- The member will be asked to answer questions about how the recipe was selected and how it blends with the menu that he/she planned. This will include the variety in color, texture, and flavor.
- The member should be dressed neatly and have clean hands and nails.

**What to Bring:**

- Your completed food item
- Serving Utensils & disposable plates to present samples to the judges.
- **Two 3" x 5" cards; one with the Recipe / and one with Menu (see instructions above)**
- **The food entry must include a 3" x 5" card with the recipe typed or printed neatly**
- **Member can use this card when presenting entry to the judge and to answer questions including the knowledge & preparation of entry. Please write member's name and club on the reverse side of the card.**

**Judging Criteria**

|  |
|--|
| <p><b>Quality of Food</b> – Taste, texture, appearance, knowledge of recipe preparation</p> <p><b>Nutritional Value</b> – Nutritionally balanced, variety in colors, texture, flavor</p> <p><b>Member Interview</b> – Demonstrates overall knowledge</p> <p><b>Interview with Judges</b></p> |
|--|

**San Luis Obispo County 4-H Youth Development Program**  
***2023 Fun with Foods***  
***Gingerbread House Guidelines***

**Classes:**

- P Primary Member:** 5 -8 years old Dec. 31, 2022
- J Junior:** 9 – 10 years of age as of Dec. 31, 2022
- I Intermediate:** 11 – 13 years of age as of Dec. 31, 2022
- S Senior:** 14 - 19 Years old by Dec. 31, 2022

**Gingerbread House Category**

**General Requirements:**

- Open to members currently enrolled and in good standing in a SLO County 4-H Club.
- The member may enter only **one (1) Gingerbread House**. **The Gingerbread House must be made of Gingerbread recipe from scratch or the Member may use a gingerbread house kit.**
- Gingerbread House may be decorated with assorted candy and frosting using edible decorations only.
- Gingerbread House is on a well-supported base.
- **A 3"x 5" card must be typed, or neatly printed. For a gingerbread house briefly describe how the item was made. Member can use this card when presenting entry to the judge and to answer questions including the knowledge & preparation of entry. Please write member's name and club on reverse side of the card.**

**Primary Member Level**

Learn to decorate a gingerbread house using the basic skills of decorating. Exhibit a gingerbread house with edible decorations, in addition to the frosting – combine 3 or more decorations and 3 colors.

**Junior & Intermediate Levels**

**Continue to improve gingerbread house decorating skills.** Learn to prepare frosting/icing, the basic use of cake decorator tips and the proper applications. Exhibit a gingerbread house with edible decorations, in addition to the frosting – combine 4 or more edible decorations and 4 colors.

**Senior**

Follow guidelines of the Junior & Intermediate level and show more advanced skills/and use of decoration tips. Exhibit a gingerbread house with edible decorations, in addition to the frosting – combine 5 or more edible decorations and 5 colors.

**What to Bring:**

1. Your completed item.
2. **"3 x 5" card with information (see instructions above)**

**Judging Criteria:**

**Workmanship** – Shows technical skill, colors coordinate, frosting compatible with design

**Appearance** – Overall pleasing appearance, cake board effectively presented

**Creativity/Design** – Imaginative, unique and/or original idea, materials used in a unique manner

**Interview with Judges**

San Luis Obispo County 4-H Youth Development Program

## 2023 Fun with Foods

### Poem Guidelines

#### Classes:

- |   |
|---|
| <p><b>P Primary Member:</b> 5 -8 years old Dec. 31, 2022.</p> <p><b>J Junior:</b> 9 – 10 years of age as of Dec. 31, 2022</p> <p><b>I Intermediate:</b> 11 – 13 years of age as of Dec. 31, 2022</p> <p><b>S Senior:</b> 14 - 19 Years old by Dec. 31, 2022</p> |
|---|

#### Poem Category

##### General Requirements:

- Open to 4-H members currently enrolled and in good standing in a SLO County 4-H club.
- Only one (1) entry in this Category is allowed.

#### Poem Descriptions:

- **Memorization is Not Required.**
- **Member must provide a 2<sup>nd</sup> neat copy of the complete poem for the judge.** Also prepare a 3 x 5 card neatly typed or printed with name, club name and a brief description of why the poem was selected. Write name and club name on the reverse side of the card.
- **Introduction to Poem/Creativity:** Content (intro and conclusion analysis) was appropriate for presenter's ability. **What is the Reason for choosing this poem?**
- **Structure: Body:** Selected reading was well selected/edited; Smooth transition; Length was within 1-5 minutes.
- **Mechanics of Presenting:** Poise & confidence, Eye contact with audience, Included expression: verbal: projection, tone, speech rate.
- **Appearance:** Appropriate attire for the occasion; response to questions. Member can dress-up to enhance the poem reading.

##### What to Bring:

- Your prepared Poem with a 2<sup>nd</sup> copy to hand to the judge.
- **3"x 5" card with information (see instructions above)**

##### Judging Criteria:

**Creativity:** Content, intro & conclusion analysis; appropriate for presenter's ability

**Structure:** body of poem well selected/edited; smooth transition, length

**Mechanics of Presenting:** Poise, expression, eye contact, confidence

**Informational Value:** Reasons for choosing poem, appearance, response to questions

**Interview with Judges**

San Luis Obispo County 4-H Youth Development Program

## 2023 Fun with Foods

### Poster/Collage Guidelines

#### Classes:

- |   |  |
|---|--|
| P | Primary Member: 5 -8 years old Dec. 31, 2022           |
| J | Junior: 9 – 10 years of age as of Dec. 31, 2022        |
| I | Intermediate: 11 – 13 years of age as of Dec. 31, 2022 |
| S | Senior: 14 - 19 Years old by Dec. 31, 2022             |

#### Poster/Collage Category

##### General Requirements:

- Open to all members currently enrolled and in good standing in a SLO County 4-H club.
- Only one (1) entry is allowed in this Category.
- Posters should be educational in nature about a subject; a title is required.
- Collages are a collection of themed pictures; a title is optional.
- Include information about the subject. Keep it simple. It must be legible from three feet away.
- Poster or collage size should be a minimum of 22" x 28" & maximum of 22" x 30", **in a portrait/vertical layout** (not landscape/horizontal) and ready for display.
- Any work done on Canvas or Multi-media OR not the size listed above **should be entered in Fine Arts/Crafts Category ONLY for the Fun with Arts Event on 4/8/23.**
- Regular or foam poster board may be used.
- **No Trifold Posters.**
- **Print your name and club name on the back top right corner of the poster.**

##### What to Bring:

- Your completed poster or collage.
- **The member must bring a 3" x 5" card typed, or neatly printed, with a brief description of how entry was made. Member can use this card when presenting entry to the judge and to answer questions including the knowledge & preparation of entry. Please write member's Name and Club name on Reverse Side of the card.**

##### Judging Criteria

**Quality of Construction** – Is the layout and design neat and orderly?

**Subject Content** – Is the theme carried out and appropriate to the title?

**Informational Value** – Is it informative? Is the message clear and accurate?

**Originality and Creativity** – Is the color coordination and design complementary?

**Interview with Judges**