

FAMILY AND CONSUMER SCIENCES DEMONSTRATION

Contest Description:	Contest is a method demonstration presentation on a topic related to topics and subjects in family and consumer sciences. <i>NOTE:</i> Cooking or preparing any food recipe does not fit in this category. Food models may be used if desired.
Superintendent(s):	Dr. Denise Holston
Award:	National 4-H Congress
Grade/Age Requirement(s):	Must be enrolled in 8 th to 12 th Grade as of August 1, 2021.
Team or Individual Contest:	Individual or Team of two (2)
Number of Entries Per Parish:	Two (2) Entries

Contest Rules:

1. Refer to Louisiana 4-H University General Rules and Guidelines for a complete set of event rules and guidelines.
2. Must be a method demonstration, not an illustrated talk.
3. 4-H members will have an opportunity to use Power Point or posters, all equipment will be provided. PowerPoints should be saved on flash drive and brought to contest presentation. All requests for easels will need to be made by June 10, 2022 to the contest superintendent.
4. Most any Family & Consumer Science practice or practices relating to Family & Consumer Science may be demonstrated. Family & Consumer Science areas include the following: clothing, family life, family resource management, health and safety, housing and house furnishings, and foods and nutrition. Cooking or preparing any food recipe will be excluded (see other information below). Acceptable food and nutrition topics include basic food preparation skills such as measuring, knife skills, using kitchen tools to show how to do basic food preparation techniques, food storage, menu planning, grocery shopping, food labeling, etc.
5. Presentation must be planned for eight (8) to fifteen (15) minutes. If a presentation is not in the allocated time, one point will be deducted for each minute or fraction thereof up to five minutes. Five points will be deducted for each minute or fraction thereof over five minutes.

Other Information:

A list of potential topics that a method demonstration can be developed. Additional topics in family and consumer science are acceptable as well.

Housing and Home Improvement

- Electricity
- Plumbing
- Wood Working
- Painting
- Energy Efficiency
- Home Security

Health and Safety

- Mental Health
- First Aid
- Self defense
- Fitness and Exercise
- Sanitation
- Hurricane preparedness

Clothing and Textiles

- Removing Stains
- How to Repair Garments
- Use of different fabrics
- Upholstering

Child Development

- Infant Care
- Age-appropriate toys/play
- Ages and Stages of motor skill development

Kitchen Skills

- Use of different kitchen tools
- Knife Skills/Sharpening
- Fridge and Pantry Organization

NOTE: Cooking or preparing any recipe will not be allowed. Food models may be used if desired. Due to food safety concerns, perishable foods used for demonstration must be brought on ice in an ice chest. No food will be tasted by judges. Contestants must utilize trash container or bag for disposing of trash and used food. If liquids are released from foods because of the demonstration, a disposable table covering should be used to cover the demonstration table as well as covering for the floor if contest is held in a room with carpet. Sanitizing wipes will be required to be used by contestants to sanitize tables after working with actual foods.

Contest Resource(s):

- Louisiana 4-H Educational Presentation Scoresheet, 2022
- Publication 2149 “You Can Give a Method Demonstration”
- Consider browsing DIY videos or project websites that often have “how to” examples that would be guiding resources. Suggested resources:
 - Project books related to FCS topics (clothing and textiles, child development, home environment)
 - National 4-H project books
 - YouTube
 - Pinterest
 - LSU AgCenter FCS website: https://www.lsuagcenter.com/topics/family_home/home/health_safety