



Southeast Region

Culinary Arts Illustrated Talk Contest



PURPOSE OF THE CONTEST:

- 4-H Members will develop and demonstrate leadership and communication skills.
- Participants will improve understanding of economic importance, versatility, and nutritional value of Louisiana Commodities.
- Youth will develop sound knowledge in the preparation, nutritional, financial, and sustainable aspects of commodities in order to advocate for agriculture effectively.

RULES:

- All participants must be pre-registered by April 26, 2021
- The date of the contest will Tuesday May 11, 2021. Each parish will be assigned a specific time. The contest will take place about the Ponchatoula Lions Club.
- Parishes will not be allowed to enter the building until their assigned time
- Only participants, agents and judges will be allowed in the building
- Masks will be required to enter the building. Due to being able to social distance, participants will be allowed to remove their masks while they are doing their talks.
- Illustrated Talks must be presented by one person not a team.
- The commodity categories will consist of Seafood, Beef, Egg, Poultry, Sugar and Louisiana Commodities (see attached list)
- As dish is not required to accompany the talk but is an option if the participant chooses. (No extra points will be given for bringing a dish)
- The illustrated talk may consist of any of the following but not limited: 1) Production of commodity, 2) Food preparation and nutritive value, 3) Food safety practices, 4) Processing, 5) Marketing
- Each contestant will present a 3–5-minute presentation on their topic (points will be deducted for going over)
- Divisions will be broken up into the following:
 - Division I: 4th-5th grade
 - Division II: 6th-8th grade
 - Division III: 9th-12th grade
- Participants In all divisions may use standard posters 22” x 28” and participants in division III may use posters or PowerPoint (computer and projector will be provided, participants must bring loaded presentation on a jump drive)
- Score sheet that will be utilized by judges is attached.

AWARDS:

- Each participant will receive a certificate and participation medal
- 1st place winners in each category and division will receive a special award

Parish Schedules will be sent out no later than May 1st.

CATEGORY LIST:**Beef****Egg****Sugar**

Poultry (chicken, turkey, dove, duck, quail, and other game fowl)

Louisiana Commodities:

Blueberries	Corn	Dairy
Deer	Pecans	Rice
Soybeans	Strawberries	Sweet Potatoes

Louisiana Seafood:

Amberjack	Alligator	Black Drum
Bearded Brotulas	Blue Crab	Blackfin Tuna
Bluefin Tuna	Blue Runners	Brown Shrimp
Bluefish	Buffalo Fish	Bowfish (Choupique)
Butterfish	Carp	Chub Mackerel
Cobia (Lemonfish)	Crawfish	Crevalle Jack
Flounder (Croaker)	Freshwater Catfish	Freshwater Eels
Freshwater Turtle	Frog Legs (Bullfrog)	Gamefish (Bass, Bream, etc.) are acceptable, but the more "commercial" fish above are preferred
Garfish	Gaspergou	Grouper
King Mackerel	Little Tunny (Bonita)	Louisiana Clams
Louisiana Hakes	Louisiana Stone Crabs	Mahi
Oysters	Oyster Drills (Conchs, Bigorneaux)	Pink Shrimp
Pompano	Progys	Rays
River Shrimp	Rock Shrimp	Roughneck Shrimp (Blood Shrimp)
Royal Red Shrimp	Sand Seatrout (White Trout)	Saltwater Catfish
Saltwater Eels	Sea Bobs (Shrimp)	Shark
Sheepshead	Snappers	Spanish Mackerel
Southern King Fish (Channel Mullet)	Speckled Trout	Squid
Striped Mullet	Sword Fish	Tilefish
Triggerfish	White Shrimp	Wahoo
Yellowfin Tuna		