

# STATE 4-H AREAS OF COMPETITION

**Held at State 4-H Congress; Congress registration (1 day or 4 days) required**

Egg Preparation Demonstration

Extemporaneous Speaking

Discussion Meet

*Rules can be found at: <https://www.vafb.com/membership-at-work/farmers-in-action/young-farmers>*

Fashion Revue-Constructed Garment

Fashion Revue- Purchased Garment

Presentation – Animal Science – Dairy/Livestock/Poultry/Horse/Camelid/Domestic Food or Fiber Animal

*Examples: How to Groom a Horse, Dairy Free Stall Barn Design, How to Shear an Alpaca*

Presentation – Animal Science – Pet

*Examples: Geckos, Dogs, Cats, Exotic animals*

Presentation – Careers, Entrepreneurship, & Economic Education

*Examples: How to Start Your Own Business, Careers that Interest Me, How to Budget Money*

Presentation – Citizenship and Leadership

*Examples: The History of the Constitution, How to Be a Good Citizen in My School, Parliamentary Procedure*

Presentation – Food Demonstration (includes food preparation)

*Examples: How to Make Chocolate Chip Cookies, How to Preserve Garden Vegetables*

Presentation – Food Knowledge

*Examples: How to Prevent Foodborne Illness, Cooking Methods for Beef, Gluten Free Recipes*

Presentation – Home, Family & Personal Management

*Examples: How to Prepare Meals on a Budget, Furniture Upholstery, How to Manage Your Time More Efficiently*

Presentation – Natural Resources & Environmental Education –

*Examples: Forestry, Wildlife, Conservation, Fisheries, Recycling*

Presentation – Nutrition, Health, and/or Fitness

*Examples: How to Prepare to Run a 5K, Proper Tooth Care and Hygiene, Vitamins and Minerals*

Presentation – Outdoor Adventure, Sports & Recreation

*Examples: Fishing, Hunting, Trapping, How to Dribble a Basketball, Safety Gear for Rock Climbing*

Presentation – Communications & Performing Arts

*Examples: Ballet, Knowledge presentations about instruments (How to Care for your Violin), HAM radio, How to Give a Presentation*

Presentation – Plants, Soils, & Entomology

*Examples: The Importance of the Honey Bee, establishing a Community Garden, Amending Soil to Grow Fruit Trees, How to Grow a Plant from a Seed, Understanding Invasive Plant Species*

Presentation – Shooting Education

*Examples: Understanding Shooting Disciplines, Precision and Accuracy for Hitting the Target, Safety Whistle Commands on the Archery Line*

Presentation – Science, Technology, Engineering, Math (STEM Topics)

*Examples: Minecraft, Coding, Web Page Design, Gravity, The Importance of the Triangle in Designing Structures, How to Use a 3D Printer, How to Create Effective PowerPoint Presentations*

Presentation – Visual & Creative & Constructive Arts

*Examples: Tie Dye, Friendship Bracelets, How to Make Paper, Duct Tape Art, How to Compose a Photo, Architecture Styles, How to Use a DSLR camera*

Public Speaking

Radio Spot/4-H Promotion

Science Fair Presentation & Display Experiments, Research

Share the Fun – Combination

Share the Fun – Dance

Share the Fun - Drama

Share the Fun – Instrumental

Share the Fun – Variety

Share the Fun – Vocal

Table Setting

**NEW TO 2022:** Competition award winners, including Share-the-Fun, will be recognized on Friday, June 24, 2022 during the Closing Ceremony. Share-the-Fun competition winners will not receive an automatic invitation to showcase their talents during the Thursday evening CloverFest Celebration. As a part of the 100th Annual Celebration of State 4-H Congress, the Share-The-Fun evening program has been canceled and will be replaced by the CloverFest Celebration. If you are interested in participating in the 2022 CloverFest Celebration, please submit your talent video at: <https://leadable.info/VA4-HTalent>. Acts will be selected by the CloverFest committee by May 25th.