

**EXTENSION SERVICE
CLATSOP COUNTY**

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Extension Service

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March 14, 2012

FROM: Sandra Carlson
4-H Program Coordinator

SUBJECT: Home Ec Skills and Judging Contests

Information for the 2012 Home Economics Skills & Judging Contest is enclosed. This year the contest will be held on Saturday, May 12 at the Astoria Middle School. The skills contest includes Food Preparation, Mini Meal, Sewing and Knitting. These contests allow the youth to demonstrate their skills in front of a judge.

The Foods & Clothing Home Ec Judging Contest will once again be held in conjunction with the skills contest. This is an opportunity for youth to look at 4 photos and decide which of the four would be your first choice to last choice on a particular question. The members may participate in each of the skills contests (or just one) and/or the judging contests.

Enclosed you will find the registration form for the Skills Contests. Please circle the contest(s) you wish to participate in. Registration deadline is May 4. Members do not need to sign up for the Judging Contests.

If you have any question, please call Sandra at 503-325-8573.

Sincerely,

Sandra Carlson

Sandra Carlson
4-H Coordinator

Agriculture, Family and Community Development, 4-H Youth, Forestry, Energy, and Extension Sea Grant programs. Oregon State University, United States Department of Agriculture, and Clatsop County cooperating. The Extension Service offers its programs and materials equally to all people.

**4-H Home Economics Skills Contest
Information Sheet
Saturday, May 12, 2012
Astoria Middle School**

Participants scheduled between 9 AM – 1:30 PM

4-H members must be enrolled in project area to be eligible to enter. Members may participate in one class within their appropriate age division. (“Divisions” include Cloverbuds K-3; Junior 4-6 grade; Intermediate 7-9 grade; and Senior 10-12 grade)

Intermediates and seniors who qualify are eligible for State Fair participation in Food Preparation and Mini-Meal Contests in one class only.

Enclosed are Guidelines for each contest with classes or categories.

Ribbons and premiums are paid by 4-H Leaders Association.

Special awards for foods contests are provided by sponsoring organizations and individuals. (details inside)

Be sure to **return the Registration Form on or before May 4, 2012.**

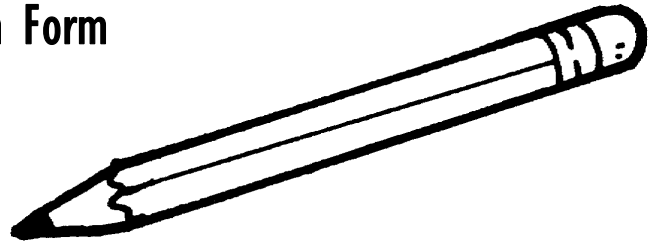


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Registration Form



Return to: Clatsop County Extension Office
2001 Marine Drive, Room 210
Astoria, OR 97103

DUE: May 4, 2012

Refer to attached Guidelines for class descriptions and instructions for each contest. Times will be assigned. Schedule and participation forms will be sent to those entering.

Name _____ Phone _____

Address _____ City _____ State _____ Grade _____

Circle class and division you plan to participate in
May 12 (between 9 AM – 1:30 PM-we will go later only if needed)

Time conflicts _____

Food Preparation Contest

- K-3 Adventures
 - No Cook Dessert
 - No Cook Sandwich
 - No Cook Snack
 - No Cook Breakfast
- Junior
 - Measuring (1st year only)
 - Muffin-Biscuit
 - Cake
 - Salad
- Intermediate or Senior (please circle dish)
 - Fruit or Vegetable Dish
 - Salad
 - Sandwich
- Grain Product
 - Yeast Product
 - Dairy Product
 - Main Dish

Knitting (please circle phase)

Phase K-3, 1, 2, 3, 4, 5, 6, 7, 8

Mini-Meal Contest

- Junior
 - Food Preparation
- Intermediate
 - Food Preparation
- Senior
 - Food Preparation

Clothing

Contest Level (please circle level)
K-3, 1, 2, 3, 4, 5, 6, 7, 8, 9

Home Ec Judging Contests

Pre-registration not required

MINI-MEAL CONTESTS

Guidelines

Members enrolled in Food & Nutrition and Food Preservation projects may enter. Juniors will prepare their favorite food, a main dish, which would be part of a larger meal. Intermediate and senior members enrolled in Food Preparation and Food Preservation are eligible to enter. Intermediates and seniors must prepare a main dish and one other food which would (a) make an entire meal if served together, or (b) be part of a larger meal if other foods were included.

The meal might be a breakfast, lunch, dinner, brunch, buffet supper, snack meal, party meal, etc. Members in Food Preservation must include in their meal at least one food product they have preserved.

The following items apply to each division and class:

1. Juniors will have one hour and Intermediates and Seniors will have two hours for set-up, preparation, and cleanup.
2. Participants should prepare 1 recipe, 1 batch, etc. of the food product. This product should be the main course. No fixed number of servings is required. Participants must provide all ingredients and equipment except range and refrigerator.
3. The use of alcoholic beverages is not permitted. (Possession of such beverages by a minor is unlawful.)
4. The foods prepared must be displayed on a serving platter, tray, or in a dish, bowl, basket, etc. Participants must also display one place setting of the table service which would be used in serving the meal (includes plates, tableware, napkins, glasses, tablecloth, placemat, or whatever is appropriate.)

A centerpiece may be included if the participant wishes, but is not required. A card table for the place setting is optional.
5. Participants will serve samples of the food to the judge. Just before you begin setting up, all participants must provide judge with:
 - (a) Recipe/s for the food to be prepared.*
 - (b) A menu for the meal to be prepared (or for the meal in which the foods would be served if the foods prepared in the contest are not the whole meal).*



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Mini-Meal Contest (cont.)

- (c) A very general outline of the task sequence to be used in preparing the foods. For example:
1. Prepare pizza
 2. Put pizza in oven
 3. Make salad dressing
 4. Make salad

The purpose is to give a general idea of time management; however, no specific timetable is required with times given.*

6. Provide a poster of the recipe to display in the preparation area. This is also required for State Fair.

*A special form will be sent when you sign up for Mini-Meal.

Junior Division

- 511672011 Junior Mini Meal (Food & Nutrition)
511672021 Junior Mini Meal (Food Preservation)

Intermediate Division

Selections will be made for State Fair

- 511602012 Intermediate Mini Meal (Food & Nutrition)
511602022 Intermediate Mini Meal (Food Preservation)

Senior Division

Selections will be made for State Fair

- 511602013 Senior Mini Meal (Food & Nutrition)
511602023 Senior Mini Meal (Food Preservation)

Special County Awards in Mini-Meal Contests

Intermediate Contests:

- Best blue ribbon Mini-Meal using Oregon Trawl Fish* (Food Preparation)\$25.00
Best blue ribbon Mini-Meal using Oregon Trawl Fish* (Food Preservation).....\$25.00

Senior Contests:

- Best blue ribbon Mini-Meal using Oregon Trawl Fish* (Food Preparation)\$25.00
Best blue ribbon Mini-Meal using Oregon Trawl Fish* (Food Preservation).....\$25.00

*NOTE: Must serve Oregon Otter Trawl fish – sole, rock fish, ocean perch, red snapper, ling cod, or Oregon pink shrimp.

Donor: Oregon Trawl Commission

Mini Meal Contest (Food Preparation)

- Intermediate: Highest place blue ribbon serving lamb in each grouping\$10.00
Senior: Highest place blue ribbon serving lamb in each grouping\$10.00

Donor: Oregon Sheep Growers Association

Intermediate Contests:

- Champion Mini-Meal if it used pork (Food Preparation).....\$5.00
Champion Mini-Meal if it used pork (Outdoor Cookery)\$5.00

Senior Contests:

- Champion Mini-Meal if used pork (Food Preparation)\$5.00
Champion Mini-Meal if used pork (Outdoor Cookery).....\$5.00

Donor: Oregon Pork Producers

Food Preparation Contest (Foods of the Pacific Northwest Contest)

Guidelines

(4-H members enrolled in a Foods Project are eligible to enter.)

The following items apply to each division and class:

- 1.) Participants will have one hour for set-up, preparation, and cleanup (excluding proofing and baking time, if needed). Participants must provide all ingredients and equipment (including food thermometer if applicable) except range and refrigerator.
- 2.) Participants should prepare 1 recipe, 1 batch, etc. of food product using at least 2 foods representative of the Pacific Northwest.
- 3.) The use of alcoholic beverages is not permitted. (Possession of such beverages by a minor is unlawful.)
- 4.) The food prepared must be displayed on a serving platter, tray, or in a dish, bowl, basket, etc. Participants must also display one place setting of the table service which would be used in serving the food at meal (include plates, tableware, napkin, glasses, tablecloth, placemat, or whatever is appropriate). A centerpiece may be included if the participant wishes but is not required. A card table may be brought for the place setting.
- 5.) Participants will serve a portion of the food to the judge.
- 6.) All participants must provide the judge with a "Judges Information Form".* The judge will also ask questions regarding the Pacific Northwest food used; ie., its nutritive value, region produced or season when most plentiful.
- 7.) This is also required for participants who are selected for State Fair. Provide a poster of the recipe to display in their preparation area.
- 8.) Please know the nutritional value of your food product.

* Form will be sent when you sign up for a food preparation contest.



FOOD SAFETY

- **Keep it clean.** – Work surfaces, members' hands, and all equipment need to be clean. A disinfectant will be available at each work station. Please uses on the work surfaces before and after you prepare food. Containers used to transport ingredients or equipment can not be placed on the counters. It is quite likely they have been on some surface that was not really food clean during transport.
- **Control the temperature.** – While transporting to the contest or waiting for your turn, ingredients should be held at a safe temperature. For some foods this means refrigeration or putting ice in the cooler. Use a thermometer in the cooler to determine if it is actually cold enough. Safe refrigerator temperature range is from 32° to 40°F. (There is a refrigerator available at the school.) Use a thermometer to test the final heat in the center of baked casserole dishes. The minimum temperature for safety is 165°F for casseroles without raw meat. All foods must be prepared and cooked in front of the judge.

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Food Preparation Contest (cont.)

K-3 Division: (Please select one of the four listed below.)

No Cook Dessert

No Cook Snack

Sandwich

No Cook Breakfast

Junior Division:

511671011 Measuring Contest (for first year Juniors in Foods I)

Each participant will measure the following ingredients: water, flour, white and brown sugar, shortening cube, and salt. PLEASE BRING ABOUT 2 CUPS OF THESE INGREDIENTS. (Water is available at the contest site). **ALSO bring** measuring cups, spoons and utensils.

511671021 Muffin/Biscuit Baking Contest (for Juniors in Foods II or III)

Must be prepared from scratch (no mixes) or...

Salad Contest (Foods I, II, or III) or...

Cake Contest, one layer (for Juniors in Foods III)
(choose only one of the above
)

Intermediate and Senior Division:

Selections will be made for State Fair

51160101__ Fruit or Vegetable Dish

51160102__ Sandwich

51160103__ Grain Product (at least one cup of a grain product)

51160104__ Yeast Product (at least one cup of a wheat product)

51160105__ Dairy Product (at least one of the main ingredients is a dairy product)

51160106__ Main Dish (includes red meat, poultry, seafood or protein alternative)

51160107__ Salad

Fill in the blank with **2** for intermediate, **3** for senior



Awards in Food Preparation Contests

Special county fair awards are provided by donors listed below:

(Recipe must include at least 1 cup of dairy products to qualify.)

CHANGE: Does not include butter or cream because of calcium value.

Junior, Intermediate, and Senior Food Preparation Contest (food prepared emphasizes dairy foods)

Highest Blue Award in each division\$25.00

Highest Red Award in each division\$15.00

Donor: Oregon Dairy Women, Sponsor

Myrtle Young Foods Skills Contest Awards

A gift will be awarded to the top individual in each division (Jr., Inter. and Sr.) as chosen by the judge.

Selection will be made from all Foods Skills contests (Food Preparation and Mini-Meal).

For State Fair

Intermediate and Senior Division-Each county may enter as many blue ribbon participants as the judge qualifies.

Food Contest Hints

1. Be sure to have your own set of recipes, task sequence separate from the Judge's Information Sheet.
2. The box of equipment and ingredients should not be placed on the counter even to unload.
3. Wash hands before starting the contest.
4. Wear an apron and make sure your hair is tidy and/or tied back; use potholders for hot food.
5. Wipe off the counter area with a sponge or clean damp cloth before starting the contest.
6. Use a tray or cookie sheet for utensils and ingredients. If quite a number of utensils will be used then bring another tray for dirty utensils.
7. Bring a small paper bag (lined with plastic if trash will be wet) for garbage; tape it to the counter.
8. If you have any questions, ask the clerk.
9. All recipes, menus, costs, etc. should be given to the judge on a Judge's Information Sheet provided in advance by the 4-H Office.
10. Use small containers to hold salt, baking powder, etc., not pre-measured.
11. Measure salt, vanilla, etc over a small cup, not over the mixture in the bowl.
12. Use correct equipment for measuring liquid and dry ingredients.
13. Use large enough containers to scoop flour out of, etc.
14. Use a spatula or straight edge utensil to level off the flour – not a knife.
15. Sift flour onto a piece of waxed paper.
16. Crack eggs with a knife into a custard cup before adding to the mixture.
17. Grease baking pans before you start mixing.
18. If making a baking powder or soda product, check the oven racks and turn oven on before you start, because in these products the leavening begins working as soon as liquid is added.
19. When putting things in the oven, open the door quickly so as not to cool the oven.
20. Don't stand directly in front of the oven door when opening it as sometimes steam comes rushing out when the door is first opened.
21. Turn pot and pan handles away from the edge of the stove and other burners.
22. Wash equipment before putting back in box. Clean up work area, remove everything except cooling racks for food, so the next group can come in and set up.
23. Bring containers for grease from frying pan.
24. Fruits and vegetables can be washed at home, but should be cut at contest.
25. Use a cutting board. Do not cut in hands, peel away from you.
26. Drain lettuce and pat lightly before putting in salad or putting on a salad plate.
27. Use a rubber scraper to get ingredients out of the bowl.
28. Bring your own cooler for foods that need to be kept cold if you can, because of lack of refrigerator space and number of participants.
29. If you do use the refrigerator, put a label with masking tape on your container w/ your name and 4-H on it.
30. Bring your own timer. Timers on stoves do not always work.
31. If you are in several contests and have several boxes, it is a good idea to have all the equipment that is needed in each box. If you do not have duplicate equipment at home, try to borrow equipment from a relative or neighbor.
32. To keep from losing equipment and ingredients, cover and tape your box closed and put your name on the box. When finished, put the box in your car.
33. If you make a product that does not fit the specifications of the food preparation contest (such as Krum cake) and if the product is championship quality – the champion ribbon is forfeited. However, it could be made as part of the mini-meal, if you do the mini-meal contest.
34. Bring wax paper over which to measure ingredients.
35. First and foremost fill sink with warm soapy water in which to wash dishes.
36. Then wash the entire kitchen top area including the stove.
37. Turn off oven when done.
38. Be sure to leave the kitchen in better condition than you found it.
39. Provide a copy of the recipe that you are using to the judge.
40. Have a complete table setting.
41. Have a poster for each menu item, including information with ingredients and instructions.
42. Use the 4-H Foods Recipe Card to put your recipe on and make 3 copies, for yourself, judge, 4-H office.
43. Unpack your items onto trays (like a cookie sheet or such) if doing more than one content, pack each contest in a different box.
44. Bring extra trays for dirty dishes so when you work you have: A. Supplies on tray; B. Work Space; C. Used supplies on tray.
45. Bring the Judge your Judge's sheets before you begin.
46. Know your nutrition – what is in your food and what it does for you.

Food Contest Check List

Use this list to help you remember to pack all the equipment and ingredients you will need for each contest.

- | | |
|---|--|
| _____ can for grease | _____ cost estimates |
| _____ measuring cups | _____ serving utensils |
| _____ mixing equipment | _____ OTHER SPECIAL EQUIPMENT |
| _____ measuring spoons | _____ Extra containers to take food home; hot foods/cold foods |
| _____ cutting board | _____ ingredients packed in box (check frig) |
| _____ knife, sharp | _____ completed Judge's Info. Sheet |
| _____ knife, tableware | _____ meat thermometer (if applicable) |
| _____ spatula | |
| _____ wash cloth, dish towel, soap | |
| _____ small paper or plastic bag & tape (for garbage) | |
| _____ trays for supplies – clean & dirty | |
| _____ pot holders | |
| _____ apron | |
| _____ cooling racks | |
| _____ baking pans | |
| _____ bowls, cups | |
| _____ wax paper | |
| _____ paper towels | |
| _____ pastry brush | |
| _____ flour sifter | |
| _____ vegetable peeler & brush | |
| _____ timer | |
| _____ table setting | |



Safety Reminders

- Don't FORGET!
- ✎ Don't put your travel box on the counter when you get into your kitchen area.
- ✎ Keep all food that needs to be in the refrigerator or cooler in the refrigerator or cooler until you need to use it.

It's best to bring your own box of supplies. When you share your supplies, you may not have an item when you need it as it's still in use by someone else.

Knitting Skills Contest

(4-H members enrolled in Knitting Project are eligible to enter.)

Guidelines

The following items apply to each division and class:

- 1) Participants must bring their own knitting supplies, including yarn, No. 8 knitting needles, scissors, instructions, pencil, and special equipment specified for the phase. (Iron and ironing board furnished).
- 2) Participants will have one hour for completing stated project in presence of judge. Demonstrating their knitting process.

Clover buds (K-3 members)

Cast on 10 stitches

Row 1 – Knit

Row 2 – Knit

Row 3 – Knit

Row 4 – Knit

Phase 1 (Junior members and older)

Stockinette Stitch/Bind off

Cast on 20 Stitches

Work 8 rows of stockinette stitch (Knit one row, purl one row)

Bind off. Weave in all ends.

Phase 2: (Junior members or older)

Increasing/Decreasing

Cast on 20 stitches

Row 1- Purl

Row 2 – Knit

Row 3 – Purl

Row 4 – K3, Inc. in next st, K3, Inc., K3, Inc., K3 Inc., K3 Inc.

Row 5- Purl

Row 6 – Knit

Row 7 – Purl

Row 8 – K3, Dec., K3, Dec., K3, Dec., K3 Dec., K3 Dec.

Row 9 – Purl

Row 10 – Knit

Row 11- Purl

Rows 12-16 Work K2, P2 across row.

Bind off in ribbing

Phase 3:

Picking up stitches/seaming

Cast on 15 stitches.

Row 1- Slip 1 as to knit, knit across, turn.

Row 2- Slip 1 as to purl, purl across, turn.

Rows 3-16: repeat rows 1 and 2 seven times.

Bind off.

With right side of work facing, pick up and knit 8 stitches along left side.

Work 3 inches of stockinette stitch. Bind off. Fold this piece in half length-wise and seam up. (Finished piece should resemble a “mini” sleeve.)

Phase 4:

Pattern Stitch: Each contestant must also bring one double pointed needle or cable stitch holder. Cast on 24 stitches.

Each Row: First 4 stitches and last 4 stitches in seed stitch

1st Row and every odd row: K1, P1, K1, P1

2nd Row and every even row: P1, K1, P1, K1

Cable Pattern:

Row 1 - P2, K3, P6, K3, P2

Row 2 - K2, P3, K6, P3, K2

Row 3 – Same as Row 1

Row 4 – K2, P3, slip next 3 stitches on a double pointed needle (or a cable stitch holder) and place in back of work. K3. Then knit next 3 stitches from double point needle (forms cable), P3, K2

Row 5 – as Row 1

Row 6 – as Row 2

Row 7 – as Row 1

Row 12 – as Row 4

Row 8 – as Row 2

Row 13 – as Row 1

Row 9 – as Row 1

Row 14 – as Row 2

Row 10 – as Row 2

Row 15 – as Row 1

Row 11 – as Row 1

Row 16 – Bind off

Phase 5

Double Pointed Needles: contestant needs to bring 4 double pointed needles in addition to other necessary knitting supplies (any size needle appropriate for your yarn.)

Cast on 30 stitches; divide equally on 3 double point needles.

With fourth needle, being careful not to twist stitches, join and work as follows:

K1, P1 for one inch.

Stockinette stitch for two inches.

Phase 6:

Shaping/Kitchener stitch

On double pointed needles, cast on 32 stitches. Divide stitches as follows: 1st needle: 8 sts; 2nd needle: 16 sts; 3rd needle: 8 sts. Being careful not to twist stitches, join and mark beginning of round. Work in stockinette stitch for 2 inches.

Shaping:

Round 1: On first needle, knit to last 3 sts; K2 tog, K1; on second needle, K1, SSK; Knit to last 3 sts, K2 tog, K1; on third needle, K1, SSK; knit remaining sts—28 stitches.

Round 2: Knit

Rounds 3 – 8: Repeat Rounds 1 and 2 three times.

Round 9: Repeat round 1—12 stitches remaining.

Knit stitches from first needle onto third needle.

Cut yarn; leave enough yarn to weave stitches together using the Kitchener stitch.

Phase 7

Color Knitting

With main color, cast on 24 stitches.

Row 1: With main color, work as follows: Knit 4 in MC, Knit 4 in CC (contrasting color.) Repeat across row.

Row 2: Purl 4 in CC, Purl 4 in MC, repeat across row.

Rows 3 and 4: Work as rows 1 and 2.

Row 5: With CC, knit 4, with MC, knit 4, repeat across row.

Row 6: With MC, purl 4, with CC, purl 4, repeat across row.

Rows 7 and 8: Work as rows 5 and 6.

Bind off in color of choice. Weave in all ends.

Phase 8

Decorative touches and buttonholes

Cast on 20 sts.

Rows 1 - 4 Work in stockinette stitch beginning with Knit row.

Row 5 *K2tog, yo; repeat from *, end with k2tog.

Row 6 – Purl

Row 7 – Knit

Row 8 – Purl

Row 9 – Knit

Row 10 – Purl

Row 11 – Knit 3 sts. Place a 4 stitch buttonhole using the 1-row horizontal buttonhole method.

Work 4 more rows of stockinette stitch.

Cast off using the knitted cord cast-off as follows: With right side facing, insert right hand needle between the first two stitches on the left needle and cast 3 stitches onto the left needle. *K2, K2 together. Slip the three stitches just worked back onto the left needle, being careful not to twist them. Repeat from * until 3 stitches remain on needles. Slip one, K2 together. Bind off remaining stitch. Break yarn.

At bottom edge, form a hem using row 5 as the turning row. Sew hem in place. Weave in all ends.

SCORING:

Each of the two groupings will account for ½ of the total score. Each participant will visit with the judge after completing project.

- Knitting Skills (cast-on, techniques, bind off)
- Management (efficient use of equipment and work space, tasks done in efficient sequence.)
- Work Habits (cleanliness, neatness, safety)
- Finished project (neatness, uniformity, pattern consistency)
- Knowledge of Knitting Techniques



Clothing Construction Contest

(4-H members enrolled in Clothing Project are eligible to enter)

Guidelines

The following items apply to each division and class:

- 1) *Participants must bring basic sewing equipment including scissors, measure gauges, pins, pencils, tape measure. Sewing machines are available, but you may bring your own. We will only provide the following: thread, fabric, pattern, iron, and ironing board will be provided.*
- 2) *Participants will have one hour for set-up, construction, and clean-up.*
- 3) *Participants should be able to select appropriate fabric, understand pattern symbols, and use approved layout and cutting techniques.*
- 4) *Patterns will be provided.*
- 5) *Participants should complete skills required for appropriate phase. When entering next year, you may not pick a contest less than the one you completed this year.*

Cloverbuds (K-3 Members)

Members may pick any level they feel comfortable with, but they may not repeat a level in upcoming years.

- Sewing Machine Puzzle and “Pin and Cut” (bring: pins and scissors to cut material and paper and glue,)
*Put a puzzle together of a sewing machine with parts pre-labeled
Demonstrate pinning and cutting techniques of a square pattern with right sides together.*
- Make a felt Book to hold your Needles (bring needles, thread, pins, scissors)
*Demonstrate & practice a basic hand stitch (running or overcast)
Demonstrate & practice tying a sewing knot*
- Make a Pin Cushion (bring thread, needle, pins, scissors)
*Demonstrate & practice a basic hand stitch (overhand or blanket)
Demonstrate & practice tying a sewing knot
Demonstrate cutting techniques*
- Hand sew on a button (bring a button, needle, thread, scissors)

Construction-First Year Members (Junior members and older)

Contest #1

- Name the parts of the sewing machine.
- Sew a straight seam on stable cotton fabric using a seam finish (edge stitch or zig zag). Must be able to use simple pattern, basic seam finish, correct pinning technique, cutting, and pressing techniques.

Construction-Beyond First Year Members

Contest #2

- Identify basic sewing equipment
- Sew straight seam on stable cotton fabric, using a seam finish (edge stitch or zig zag). Sew 1" hand sewn hem at bottom of project. Must be able to use simple pattern, show appropriate pattern layout, seam finishes, correct pinning technique, cutting and pressing skills.



Contest #3

- Recognize and name variety of basic fabrics. ei: Cotton, Knit, Polar Fleece, Wool, Flannel, Denim, Satin, etc. Will be chosen from approved fabrics in the Construction-Beyond First Year Members Project area as shown in Fair Book.
- Complete Elastic waist casing (1/2') for garment. Youth will be asked to choose appropriate fabric from a variety of fabrics. Must be able to use pattern, show appropriate pattern layout, cutting, sewing and pressing skills. (You must supply the elastic).

Expanding Skills Level

Contest #4

- Recognize and name a variety of sewing equipment and fabrics.
- Sew square or round edge pocket using appropriate sewing techniques and equipment. Example: Square corners, basting, tracing wheel & carbon, tailors chalk or tailor tacks. Must use correct pattern and fabric choices, layout, cutting, sewing and pressing skills.

Contest #5

- Recognize and name a variety of different sewing equipment and fabrics.
- Apply centered zipper (7") and closure (hook & looped eye). Must use correct pattern and fabric choices, layout, cutting, sewing and pressing skills. (You must supply the zipper & closure).

Contest #6

- Recognize and name a variety of different sewing terms and fabrics.
- Apply ribbing to shirt using stable to moderately stretchy knit fabric. Must use correct pattern and fabric choices, layout, cutting, sewing and pressing skills. (You must supply the ribbing)

Advanced Skills Level

Contest #7

- Identify several different varieties of stitches and seam finishes
- Sew a straight dart and pleats while putting in a continuous lap cuff.

Contest #8

- Attach a waistband. Must use correct layout, cutting, sewing and pressing skills. An extra half-an-hour can be allotted if needed.

Contest #9

- * Sew a collar and collar band to the neck edge. Must use correct layout, cutting, sewing and pressing skills. An extra half-an-hour can be allotted if needed.

*

SCORING: Each of the three groupings below will account for 1/3 of the total score. Each participant will visit with the judge after completing project.

- 1) -Management (efficient use of equipment and work space, tasks done in efficient sequence)
-Work Habits (cleanliness, neatness, safety)
-Construction Skills (measuring/cutting/assembling, sewing and pressing)
- 2) -Finished Project (neatness, appropriate techniques, suitable fabric selection)
- 3) -Knowledge of fabrics, sewing equipment, etc. where applicable
-Appearance and grooming habits

2012 Foods and Nutrition Judging Contest Topics

(resources for studying are provided on next page)

Introductory Level – for first year members

1. Nutrition – whole grains
2. MyPlate – nutrients and health benefits of dairy
3. Equipment – safe use of blenders
4. Management – measuring ingredients

Basic Skills - Phase 2 and 3

1. Nutrition – whole grains
2. MyPlate – nutrients and health benefits of fruits
3. Equipment – knife selection
4. Management – measuring ingredients

Expanding Skills - Phase 4-6

1. Nutrition – whole grains
2. MyPlate – nutrients and health benefits of vegetables
3. Equipment – preparation of shortened cakes
4. Management – equivalent measures

Advanced Skills - Phase 7-9

1. Nutrition – whole grains
2. MyPlate – nutrients and health benefits of proteins
3. Equipment – preparation of pastry
4. Management – equivalent measures

Resources for studying

4-H Food project materials can be found at: <http://oregon.4h.oregonstate.edu/home-economics>

Some useful resources in addition to project materials:

Nutrition

Nutritional materials (such as 10 tips nutrition education series), dietary guidelines, and other resources are available at <http://www.choosemyplate.gov/>

For example, more information specific to grains can be found at:

<http://www.choosemyplate.gov/food-groups/grains.html>

Nutritional fact sheets and educational resources can be found at <http://extension.oregonstate.edu/nep/osu-edmaterials/>

The Dairy Council of California website has educational activities to build about the five food groups in myplate and matching foods to the correct group: <http://www.dairycouncilofca.org/Tools/MyPlate/>

Management

A video and accompanying handout on measuring ingredients can be found at: <http://oregon.4h.oregonstate.edu/home-economics>, under video resources

2012 Clothing Judging Contest Topics

(resources to study are included on the next page)

Introductory Level – for first year members

1. Fabric Identification – knit or woven
2. Construction – patch pockets
3. Fastenings – buttons
4. Management – pattern layout

Basic Skills - Phase 2 and 3

1. Fabric Identification – knit or woven
2. Construction – patch pockets
3. Fastenings – fasteners
4. Management – pattern layout/cutting

Expanding Skills - Phase 4-6

1. Fabric Identification – fabric names
2. Construction – pocket flaps or welts
3. Fastenings – buttonholes
4. Management – pattern knowledge

Advanced Skills - Phase 7-9

1. Fabric Identification – fabric names
2. Construction – slotted/slashed pockets
3. Fastenings – buttonholes and fasteners
4. Management – pattern knowledge and alterations

Resources for studying

4-H Clothing project materials can be found at: <http://oregon.4h.oregonstate.edu/home-economics>

Pay special attention to publications:

[Let's Sew!](#) (4-H 9201)

[4-H Sewing/Clothing Project for Leaders](#) (4-H 9210L)

[Measuring Up: Quality Standards in Sewn Items](#) (4-H 92011) (PNW 197)

Some additional resources to assist in preparation:

The New York Fashion Center website provides a complete glossary of fabric names:

<http://www.nyfashioncenterfabrics.com/fabric-glossary.html>

Specific sewing techniques and information regarding fabrics can also be reviewed in a commercially available sewing book, such as:

Reader's Digest Complete Guide to Sewing. The Readers Digest Association, Inc.