## 4-H DEMONSTRATION CONTEST

## "SHOW AND TELL" US HOW RULES

- 4th and 5th grades
- Time limit 3 to 5 minutes
- 3 minutes total for set-up and take down.
  - o Points will be deducted if you exceed these time limits
- No live animals, babies, fireworks, weapons or anything banned or prohibited at school.
- No team demonstrations.
- No audience participation.
- Do not use name brands or labels.
- Visual aid is required. (poster or exhibit board)
  - Limit of 6 posters or 1 tri-fold board.
- Demonstrations should relate to one of the 4-H projects listed below:



## **PROJECT LIST**

Beef

Citizenship

Clothing and Textiles

Communications/Public Speaking

**Companion Animals** 

**Computers and Technology** 

Consumer Education/Economics

Dairy Electric

**Engineering/Safety Science** 

Entomology

Forestry, Wildlife and Fisheries

**Food Science** 

Goat

Horse

Horticulture/Garden

Leadership

Line and Design

Nutrition, Health and Fitness

Performing Arts/Recreation

Personal Development

Photography

Plant Science

**Poultry** 

Sheep

STEM

Swine

**Veterinary Science** 

