## 4-H DEMONSTRATION CONTEST <br> "SHOW AND TELL" US HOW <br> RULES

- 4th and 5th grades
- Time limit - 3 to 5 minutes
- 3 minutes total for set-up and take down.
- 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


