Y-57: Demonstrations

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Contest Date: Saturday, February 21, 2026
9:00 a.m. at the Carroll County Extension Office

Menu Judging entries and Food/Nutrition Posters are due to the Carroll County Extension Office by February 6, 2026.

Contest Reminders:

- **IMPORTANT - THERE WILL BE ASSIGNED TIMES FOR DEMONSTRATIONS THIS YEAR THROUGH THE USE OF A SIGN-UP GENIUS.** All registrants will receive an email on February 6th to sign up for a presentation slot. The contest will start at 9:00 a.m., and time frames will be available throughout the morning as needed based on the expected number of participants. The registration will be on a first-come, first-served basis.
- **You will need to pre-register through the Carroll County 4-H/FFA Fair website (www.carrollcountyfair.com).** There will be a link to direct you to the form. You will need to create a different login from the one you used for the fair unless using the Passport feature.
- Classes – ages as of January 1 of the current year:
  - Clovers – ages 5-7
  - Junior – ages 8-10
  - Intermediate – ages 11-13
  - Senior – ages 14-18.

Contest Classes, Rules, and Regulations:

1. **Participants may give both an individual and a team demonstration or illustrated talk. If two are given, they must be in different classes. One team member MUST contact a superintendent to indicate who is giving the demonstration. BOTH team members must register online.**
2. There is a limit of 3 demonstrations given per person.
3. The length of a demonstration or illustrated talk should be:
   a. Junior Division – minimum 5 minutes, maximum 8 minutes
   b. Intermediate Division – minimum 8 minutes, maximum 10 minutes
   c. Senior Division – minimum 10 minutes, maximum 15 minutes
4. Previous state champion demonstrators are eligible to compete in the same project area within each age division.
5. *Types of demonstrations participant can give:*
   a. **Illustrated Talk** - Structured with an introduction, body, and summary. Instead of actually showing how to do, you explain how by use of illustrations, charts, or posters. You usually do this kind of talk in an area where you cannot actually show "how to do something" (i.e., How To Prepare A Compost Manure Bed).

b. **Formal Demonstration** - Structured with an introduction, body, and summary. You are showing step-by-step how to do something resulting in a finished product.

6. Live animals are no longer allowed to be brought to the Extension Office as part of the demonstration or illustrated talk for classes 1008, 2008, 3008. Live animals may be used in classes 1009, 2009, 3009. Please be sure animals are properly restrained.
7. Shooting Sports demonstrations using firearms, must be left in a vehicle until time of presentation and immediately returned to vehicle at the conclusion of demonstration. Also, firearms, must be inspected by a UME Volunteer trained within the shooting sports program prior to start of demonstration.
8. You may use "PowerPoint" as part of an Illustrated Talk. **It will be your responsibility to provide a laptop computer for the presentation.** A representative from the 4-H office will assist in setting up and connecting to the projector. You **MUST contact the superintendent in advance (By February 12th)** so arrangements can be made for the presentation to be done in a room with a projector.
9. Premiums- $10.00 per demonstration given; rosettes will be given to everyone who participates. Champion demonstrations will be awarded a medal. Club groups may participate and will be awarded a $25 premium per demonstration.
10. **Club demonstrations must be registered for a demonstration under the club and not the name of an individual.** Please contact the superintendent if you have any questions.

The categories and classes below follow all of the rules and regulations above:

Jr.	*Int.*	*Sr.*	*Category*
1001	2001	3001	Automotive, Tractors, Small Engines, Bicycles
1002	2002	3002	Arts & Crafts, Photography
1003	2003	3003	Clothing, Personal Appearance
1004	2004	3004	Conservation, Entomology, Forestry, Marksmanship
1005	2005	3005	Family Life, Child Care, Safety, Health, Home Environment
1006	2006	3006	Gardening, Plan & Plant, Ag Commodities
1007	2007	3007	Handyman, Electric, Woodworking
1008	2008	3008	Livestock – Beef, Sheep, Swine, Horse/Pony, Dairy goat, Dairy Cattle, Veterinary Science
1009	2009	3009	Livestock – Rabbits, Poultry, Small Pets, Dogs
1010	2010	3010	General
1011	2011	3011	Food/Nutrition

The following categories and classes follow specific additional rules and regulations which are denoted below:

Clover Participants:

- Ages 5, 6, or 7 as of January 1, 2026
- Clovers will be evaluated and encouraged but not judged using the Danish system. All youth will receive a participation award. Premium offered for each clover's presentation is $5.
- A special clover evaluation sheet will be given to each participant.
- No large animals are to be used in the demonstration.
- Kitchen facilities WILL NOT be available to clover demonstrators.
- Demonstrations can be a team or individual presentation.
- Class 1020 – Clovers

Horticulture Demonstrations (Senior ONLY Category)

- Demonstrators in this category can go on to the state horticulture demonstration competition in hopes of earning a national trip to represent Maryland at the National Horticulture Judging and Demonstration event.
- No individual or team will be allowed to present the same demonstration in successive years.
- There is no minimum time limit. The maximum time limit is 15 minutes. Demonstrations over this time limit will be penalized. Set-up and take-down time is not included in the 15 minutes allotted for the demonstration.
- At the end of the presentation the judges will have the right to ask questions. Questions will not be allowed from any individual other than the judge(s).
- Presentations must be a demonstration.
- Participants are responsible for bringing everything they need for their presentation. This includes extension cords, bowls, tablecloths, utensils, etc. Although every effort will be made to have a refrigerator and stove accessible, there is no guarantee.
- Open flames are **prohibited** in any portion of the demonstration

The following classes are available for entry:

Class	*Category*
4025	**Production** – Any practice that has to do with growing vegetables, fruits, nuts, flowers, ornamental plants and turf as well as those practices concerned with maintaining, replenishing, or increasing the productive capacity of the soil.
4026	**Marketing** – Operations in preparing vegetables, edible tree nuts, fruits, flowers, and ornamental plants for market, offering for sale to a buyer or preparing for storage and exhibiting those horticultural crops.
4027	**Artistic Arrangement of Flowers and Vegetables** – The use of flowers, vegetables and other horticultural crops in arrangements, corsages and plaques. Materials used may be live or dried. Weeds and native materials may be used. Artificial plants and flowers are not to be used.
4028	**Landscaping** – Any practice that has to do with arrangement, establishment and maintenance of flowers, ornamental plants and turf around or within the home, business or public grounds. (Demonstrations on growing landscaping materials should be entered in the production class. Cut flower arrangement should be entered in class 4027.)

Planned Nutritional Menus:

(NOTE: Menu Judging entries and Food/Nutrition Posters are due to the Carroll County Extension Office by February 6, 2026.)

- Objectives of the competition:
    - Participants are encouraged to select and plan menus for one day according to the Dietary Guidelines.
    - Participants acquire knowledge about the nutritional value, cultural and ethnic characteristics of a wide variety of foods.
    - Participants develop skills in selecting and balancing meals for one day for a variety of lifestyles to learn how lifestyles affect meal patterns.

    - Participants apply nutrition information to food choices.
    - Participants use nutrition labeling in selecting foods for quick meals.
- **Participants will only be allowed to exhibit 2 menu entries.**
- Menus should include the correct number of servings from each food group in the Pattern for Daily Food Choices.
- Menus should include contrast of color, texture, and flavors. Only one menu entry per class will be accepted for each 4-H member. **Menu entries will be received no later than February 6, 2026, at the Carroll County Extension Office. Judging will occur prior to Demonstration Day.**
- On the reverse side of the menu - print – name – age – complete address – class number
- On an additional page, describe for whom the menu is planned to include self or other family member, age, activity, or other information. Tell why the menu is balanced and explain how selections meet the Dietary Guidelines.
- Menus should include a description of the preparation methods and amounts of foods.
- Judging criteria includes (score sheets available at the 4-H Office): Nutrition – 30%, Variety – 30%; Meal Appeal – 10%; Moderation of sodium, fat, sugar – 10%; Food Needs of Family Member – 10%; Creativity – 10%
- Prepared menu for a day using the MyPlate Nutritional Plan. Three meals, including no snack, hand-printed or typed vertically on one 8 ½" x 11" sheet of paper, mounted on construction paper – no pictures. Updated information is available from the 4-H Office.
- Class Champions will be eligible for further competition during the Maryland State Fair.
- Premiums – $10.00 premium awarded for each demonstration given.

The following classes are available for entry:

Jr.	*Int.*	*Sr.*	*Menu Category/Type*
1035	2035	3035	Convenience Foods – One or more meal(s) -- may include pre-packaged or prepared convenience food(s); i.e., TV dinner, frozen entrée or side dish, packaged rice or macaroni product, etc. Attach label(s) from the convenience food used.
1036	2036	3036	One Meal is from a Fast –Food Restaurant – one meal is purchased from a fast-food restaurant. Attach nutritional information from the fast-food restaurant.
1037	2037	3037	One meal is a packed lunch – one meal should be written as a bagged or packed meal.
1038	2038	3038	Vegetarian Menu – three meals meeting the nutritional needs of a vegetarian (lacto-ova). You may include dairy products and/or eggs, but not meat, poultry, or fish.
1039	2039	3039	Ethnic Menu – describe the culture represented

Food and Nutrition Posters:

(NOTE: Menu Judging entries and Food/Nutrition Posters are due to the Carroll County Extension Office by February 6, 2026.)

- **Only one entry per 4-Her is accepted.**
- Posters may be eligible for exhibition at the Maryland State Fair.
- Posters may be either horizontal or vertical. Horizontal posters are encouraged; however, avoid a square-shaped poster.
- Posters must be designed or affixed to a standard poster board with 14" x 22" dimensions.
- Posters may be designed using watercolor, ink, crayon, acrylic, charcoal, oils, or collage. It must not be three-dimensional.
- Well-known cartoon figures – such as Sponge Bob, The Simpsons, Scooby Doo, etc., cannot be used because they are protected by copyrights. Brand names of foods cannot be used.
- The exhibitor's name, age, address, and a brief interpretative statement should be clearly written on a piece of paper and attached to the back of each poster in the upper left-hand corner.
- Judging criteria include information given and idea expressed – 25%; art, design, and lettering – 25%; construction – 10%; and nutrition information – 40%.
- **Posters will be received no later than February 6, 2026, at the Carroll County Extension Office. Judging will occur prior to Demonstration Day.**
- All posters will be judged on the Danish System. Score sheets will be provided for the poster exhibits.
- Premiums – $10.00 premium awarded for each demonstration given

The following classes are available for entry:

Class	*Category*
1045	Junior Entry
2045	Intermediate Entry
3045	Senior Entry

Food Science Displays:

- Objectives of the competition:
    - Participants will develop an appreciation of the scientific process through planning and conducting experiments in food and nutrition.
    - Participants gain experiences in reviewing, organizing, and interpreting scientific ideas in food and nutrition.
    - Participants increase their knowledge about how science is used to convert raw agricultural produce into processed food products.
    - Participants increase awareness of the relationship of biological and physical sciences to food and nutrition.
    - Participants understand the importance of food and agricultural science and technology in providing a wide array of foods in today's markets and to recognize the many career opportunities.
- No project may involve any live animals or harmful chemicals, explosives, open flames, or any other potentially dangerous materials.
- Exhibitors must work on their displays individually. Team projects are NOT allowed.
- **Youth presenting a Food-Science Display will participate in conference judging on Demonstration Day. The displays are not due ahead of time to the Carroll County Extension Office.**
- The size of the display must be a minimum of 28" W x 14" D x 22" H or a maximum of 42" H x 36" W x 17" D and sturdy enough to stand alone.
- The report may be handwritten or typed and attached to the display board. DO NOT

attach multiple pages.

- Food-Science Display scoring – Scientific thought – 35%; Originality – 25%; Thoroughness – 20%; Technical Skill – 10%; Clarity – 10%
- Class Champions will be eligible for further competition at the Maryland State Fair.
- Premiums – $10.00 premium awarded for each demonstration given.

The following classes are available for entry:

Class	*Category*
1050	Junior Entry
2050	Intermediate Entry
3050	Senior Entry

- Parts of a Food Science Display:
    - **Title** – The title is written as a question or statement. Examples: What are the Effects of Enzymes on Fruits? OR The Effects of Enzymes on Fruits
    - **Purpose** – The purpose is a short statement of why the project was done. Example: The purpose of this project is to determine the effects of enzymes on the browning of fruit.
    - **Problem** – This tells what you want to investigate. This is usually in the form of a question. Example: Why do apples turn brown when exposed to air?
    - **Procedure** – The procedure records the step-by-step manner in which the experiment was performed. Careful thought should be given to the identification of variables and the materials used.
    - **Results** – The results present an organized view of the information collected. Charts, graphs, tables, pictures, and/or drawings should be used to explain the results to others.
    - **Conclusion** – The conclusion explains the importance of the results. You will tell what you think the data you have gathered means.
- Putting Together Your Display:
    - Your display must be a three-sided display. It will be exhibited standing so it must be able to stand by itself. Please check these suggestions and exact sizes listed previously:
    - Make your backboard from sturdy light-weight material: Heavy tag board, cardboard, or poster board are good choices for backboard materials. Put the three sections or the backboard together with hinges or strong, wide tape.
    - The title and other large letters may be cut out of construction paper and attached to the backboard. Stenciled or stick-on letters may also be used. Make sure that your title is easy to see.
    - Drawings and sketches should always be drawn in pencil first and then re-traced. It is better to draw them on separate pieces of paper, mount them on construction paper, and then attach them to the backboard. Make sure all drawings and pictures are labeled.
    - Plan to put the experiment in front of the center part of the backboard. You may use the equipment and the samples as part of the display.
- Food Science Experiment:
    - This display offers exhibitors the opportunity to use the “learning by doing” process to discover important scientific facts as well as experience the joy of exploration. It is important that the youth allow ample time to complete the experiment and build the display before the competition. Re-read the descriptions and requirements of the Food Science Display and allow ample time

to complete the project.

- Scientific approaches – Youth should follow the scientific method in conducting their experiments using inductive reasoning. Inductive reasoning bases the conclusions on the examination of data collected: i.e., the fermentation of dough is affected by the temperature. The inductive approach would take identical pieces of dough and ferment for the same period of time at different temperatures and record the differences in size of the fermented dough before coming to a conclusion.
    - The scientific method involves four steps:
        - **The Purpose/Problem** that will be answered through investigation (hypothesis, a statement that will be either proven or challenged).
        - **Procedure** – a statement of how the investigation is to be carried out. This step requires careful planning and thinking about the investigative plan of attack.
        - **Results** – information gathered during the investigation is called data. After the data are collected, they need to be tabulated or diagrammed to aid in the analysis and explanation of results.
        - **Conclusion** – challenge the hypothesis or answer the questions asked.

Club Demonstrations:

- **Must be registered for the presentation as a club and not an individual.**
- A division has been created for club groups to do a demonstration or illustrated talk.
- Clubs will choose their own topic including AT LEAST 5 or more club members participating.
- Demonstrations should range from 10-15 min in length.
- Class champions will not be chosen in this division.
- A premium of $25.00 will be given to each club.

University of Maryland Extension programs are open to all and will not discriminate against anyone because of race, age, sex, color, sexual orientation, physical or mental disability, religion, ancestry, or national origin, marital status, genetic information, or political affiliation, or gender identity and expression.

If you need assistance to participate in this program, please contact the Carroll County Extension Office (telephone: 410-386-2760; FAX: 410-876-0132) at least two weeks prior to the program.