

groups. An additional 10 recipes may be added each year 4-H'er is in project, with year clearly marked on recipes. Consider creativity and neatness. Display in recipe file, box, or in a clear plastic binder. Be sure to include the number of servings or yield of each recipe.

- CLASS 904 Healthy Lifestyle Interview** - Interview someone in your life that you admire that is physically active or has a healthy lifestyle
- Why do they enjoy their exercise program or lifestyle choices?
  - What are their goals?
  - Why do you admire them?

Maximum of two pages, one sided write up of an interview with someone who has an active exercise program or has a healthy lifestyle. Consider creativity and neatness. Mount on colored paper or poster board, or display in a binder. Include a picture of the person interviewed (may be laminated to preserve exhibit). Overall size of mounted exhibit should be no larger than 9" x 12".

- CLASS 905 Healthy Snack** - See ideas for non- perishable snacks on pg. 36 of *YOUth in Motion* manual, Four cookies, bars, muffins, etc., on a paper plate or at least 1 cup of mix. Examples might include: granola bars, homemade crackers or chips. Supporting information to include recipe, and why this snack might be considered a healthy snack.

## LEADERSHIP & CITIZENSHIP

### GENERAL RULES – CITIZENSHIP

1. **GENERAL RULES** – See GENERAL RULES
2. **PURPOSE** – The purpose of these citizenship exhibits is to foster civic responsibility and action within the diverse areas of citizenship including community service, service learning, government and policy-making.
3. **SUPPORTING MATERIALS** - All entries must have a statement explaining the purpose of the exhibit and how the exhibit will be used. Exhibitors are encouraged to show evidence of their personal field experiences, study or observations that relate to their exhibit. This helps the judges understand what the 4-H member did and learned in the process that led to the exhibit.
4. **REFERENCES** - All exhibitors should reference material sources or supporting information used in exhibits (i.e., if questions from a game were taken from an outside source, they must be referenced).
5. **TOP EXHIBITS** – A top exhibit will be selected from those exhibits receiving purple ribbons in the citizenship area.
6. **MANUALS** – Printed materials are available from the Johnson County Extension Office for all currently enrolled 4-H members in Johnson County.

DEPARTMENT A PREMIUM CLASS 1	DIVISION 120	CITIZENSHIP
	Purple \$2.50      Blue \$2.00      Red \$1.50      White \$1.00	
<b>CLASS 1</b>	<b>Care Package Display</b> – This exhibit is a display about the PROCESS of creating and giving a care package, not the actual care package. You may use a poster, Power Point or another multimedia program to tell about the PROCESS of developing and giving a care package to a service organization. You need to answer the following questions in your exhibit: 1.) How did you select the organization? 2.) What items did you include in your care package? 3.) Why did you select those items? 4.) How did it feel to present your care pack to the organization? 5.) What did you learn from this experience? 6.) Other information you feel is important about the care package or organization? Some examples of care packages are: Backpacks for school supplies, litter pan for animal shelter items, suitcase for abuse or homeless shelter, etc.	
<b>CLASS 2</b>	<b>Citizenship Game</b> – Could include but is not limited to symbol flash cards, question and answer board or stimulation with props. Clear instructions on how to play the game and what the game hopes to accomplish must be included.	
<b>CLASS 3</b>	<b>Patriotic or Cultural Fine Arts</b> – Can be made of any art media, but should tie in the relevance of the artwork to citizenship.	
<b>CLASS 4</b>	<b>Public Adventure Scrapbook</b> – Should describe your Public Adventure or Service Learning Activity. Scrapbooks must measure no more than 16" x 16"	
<b>CLASS 5</b>	<b>Public Adventure Poster</b> – Should describe your Public Adventure or Service Learning Activity. Display posters must be stiff enough to stand when supported from behind and below. Length and width must be no more than 24" x 28".	
<b>CLASS 6</b>	<b>Written or Recorded Stakeholder Interview</b> – Should follow the outline found in the Public Adventures Curriculum. It may be written or recorded.	
<b>CLASS 7</b>	<b>Written Citizenship Essay</b> – Designed to promote good citizenship and patriotism. This essay is open to all age groups. All essays should be 300-400 typewritten words.	
<b>CLASS 8</b>	<b>Oral Citizenship Essay (9<sup>th</sup> – 12<sup>th</sup> graders only)</b> – Addressing the theme "Freedom's Obligations" should be 3-5 minutes. No background music, singing or other enhancement allowed. All essays should be on a good-quality cassette tape and in a natural style. Voice tone should be normal and conversational. A copy of the written essay should be attached.	
<b>CLASS 9</b>	<b>Service Items</b> – Can include but aren't limited to lap quilt and homemade toys. Only non-perishable items will be accepted. Attached to the exhibit should be an explanation of who the recipient was and how the service project was made and used. The service item could be part of a larger community service effort.	
<b>CLASS 10</b>	<b>4-H Club Exhibit</b> – Should depict what a 4-H club has done in the area of community service. This item could include, but is not limited to, a service item, poster, scrapbook, cultural or creative arts item or care package.	
<b>CLASS 901</b>	<b>4-H Member Exhibit</b> – Should depict what a 4-H member has done in the area of community service. This item could include, but is not limited to, a service item, poster, scrapbook, cultural or creative arts item or care package.	
DEPARTMENT A PREMIUM CLASS 1 CLASS 2	DIVISION 130	CITIZENSHIP: SEEING I21
	Purple \$2.50      Blue \$2.00      Red \$1.50      White \$1.00	
<b>CLASS 1</b>	<b>Cultural Fine Arts</b> - Can be made of any art media but should symbolize what makes them unique.	
<b>CLASS 2</b>	<b>How are We Different?</b> - Interview should follow the interview guide in the participant manual on page 3 and should reflect on the differences and similarities between you and the person you are interviewing.	
<b>CLASS 3</b>	<b>Name Art</b> - Should be a creative art exhibit that symbolizes or explains where your name came from and what it means. Can use any media.	
<b>CLASS 4</b>	<b>Family History</b> - Depicting your family cultural history or the ethnic make-up of your community noting	

who were the first settlers, where did they come from, is there evidence of the background today(local celebrations, family celebrations, museum or educational displays, historical markers, etc.)

CLASS 5  
CLASS 6  
CLASS 7  
CLASS 8

**Cultural Food** - Exhibit depicting a cultural food that is special to your family. Can be a story or essay.

**This is Who I Am Poem**

**Poster** - Poster that depicts what you have learned through the i2i Project.

**Biography** - About an historical figure that has made a positive impact on our society or who have made a difference in the lives of others.

CLASS 9  
CLASS 901

**Play Script** - Written about a different culture.

**Other Exhibit** – A different finished item utilizing the knowledge gained in this project.

### GENERAL RULES – LEADERSHIP

- GENERAL RULES** – See GENERAL RULES
- TOP EXHIBITS** – A top exhibit will be selected from those exhibits receiving purple ribbons in the leadership area.
- MANUALS** – Printed materials are available from the Johnson County Extension Office for all currently enrolled 4-H members in Johnson County.

DEPARTMENT F	DIVISION 502			LEADERSHIP
PREMIUM	Purple \$2.50	Blue \$2.00	Red \$1.50	White \$1.00
CLASS 901	<b>Serving as a Junior Leader</b> – Notebook demonstrating service performed as a Junior Leader over the current year. Should include photographs and supporting information that answers the following questions: 1.) What service did you provide? 2.) What skills did you learn? 3.) What knowledge were you able to teach to younger 4-H members? 4.) What challenges did you face? 5.) What are your strengths and weakness as a leader?			
CLASS 902	<b>Success Builds Success</b> – A written resume or portfolio demonstrating involvement and accomplishment in 4-H, other activities, and academics. Use a format of your choice.			
CLASS 903	<b>Other Exhibit</b> – A different finished item utilizing the knowledge gained in this project.			

## PLANT SCIENCE

(HORTICULTURE CONTEST, AGRONOMY (CROPS, WEEDS & RANGE) & HORTICULTURE EXHIBITS)

### HORTICULTURE CONTEST

#### GENERAL RULES – HORTICULTURE CONTEST

- ELIGIBILITY** - All currently enrolled 4-H members are eligible to participate in the horticulture contest regardless of projects carried.
- AWARDS** - All participants will receive ribbons. Additionally, the participants with the top three scores in each division will receive special recognition.
- CONTEST PARTS** –
  - IDENTIFICATION** – Senior and Intermediate Divisions will be expected to identify 60 specimens. The Junior Division will be expected to identify 30 specimens. Specimens will include: flowers, fruits, woody ornamentals, and vegetables.
  - JUDGING** – Four classes of plants will be judged as availability permits. Each class will consist of 4 plates of fruits or vegetables or bulbs OR 4 individual plants or containers OR 4 containers of cut flowers. Plant material within each class will be ranked 1 thru 4 (with one being the best).
  - QUIZ** – A multiple choice, true/false test will be given. Questions will be taken from 4-H horticulture project materials and selected UNL Extension publications.

DEPARTMENT F	DIVISION 500			HORTICULTURE CONTEST
PREMIUM	Purple \$2.50	Blue \$2.00	Red \$1.50	White \$1.00
CLASS 901		Senior Division		14 years of age and older
CLASS 902		Intermediate Division		10 to 13 years of age
CLASS 903		Junior Division		8 to 9 years of age

## AGRONOMY

#### GENERAL RULES – AGRONOMY (CROP PRODUCTION, WEED MANAGEMENT & RANGE MANAGEMENT)

- GENERAL RULES** – See GENERAL RULES
- PURPOSE OF EXHIBITS** – The purpose of these exhibits is to demonstrate to the public the benefits from the study and application of crop, range and soil sciences to solving problems in management, conservation, sustainability and environmental protection.
- TOP EXHIBITS** – A top exhibit will be selected from those exhibits receiving purple ribbons in the agronomy area (crop production, weed management, and range management projects).
- MANUALS** – Printed materials are available from the Johnson County Extension Office for all currently enrolled 4-H members in Johnson County.

#### CROP PRODUCTION RULES

- GENERAL RULES** – See GENERAL RULES – AGRONOMY
- ENTRY ELIGIBILITY** – Individuals with field crops and crop production projects may exhibit grain or plants or prepare an educational display representing their project.
- SUPPORTING INFORMATION** – A two-page (maximum) essay must accompany grain and plant exhibits. The essay must include the exhibitors name and address, county, plant hybrid or variety, plant population, whether crop production was irrigated or dryland, and general information including farm cropping history, soil type and weather effects. **The essay must also include an economic analysis of the project, covering income and expenses per acre.** Other topics to discuss are the selection of variety or hybrid, impacts of tillage and conservation practices, inputs (fuel, fertilizer, irrigation, labor, pesticides, etc.), any observations made during the growing season, and what you learned from your crops project. The essay counts as 50% of the total when judged. Essay must be the original work of the individual exhibitor. Attach the essay to the entry in a clear plastic cover such that it can be read without removing it from the cover. In addition to the essay, grain and plant exhibits will be judged on condition, appearance (i.e. disease and insect damage, grain fill), uniformity (size, shape, color, maturity), and quality of exhibit. Exhibits lacking the required supporting material will be lowered on ribbon place.
- GRAIN EXHIBITS** – Must be one gallon per sample. Fall harvested crops (e.g. corn or soybeans) may be from the previous year's project.
- PLANT EXHIBITS** –
  - Corn: 10 ears or 3 stalks (cut at ground level and bound together)
  - Grain Sorghum: 4 stalks (cut at ground level and bound together)
  - Soybeans – 6 stalks (cut at ground level and bound together)