



4-H FCS Projects

Foods and Nutrition

Food Show

Contestants prepare a dish falling in one of the Food Show categories (Main Dish, Fruit and Vegetable, Bread and Cereal, or Nutritious Snack). They present their dish to a panel of judges and answer questions based on how they made their dish, food safety concerns and the nutrient content of their dish. There is also a Food Show Photo Contest at the County and District level that does not require the 4-Her to be present at the contest.



Food Challenge

Show off your culinary skills in this super fun contest! A team of four 4-Hers are presented with a box of mystery ingredients that they must then use to make a dish. This dish is then presented to a panel of judges and participants have the chance to answer questions based on the nutrient content of their dish and a cost analysis of the ingredients.

Nutrition Quiz Bowl

This contest helps participants increase their knowledge of basic nutrition, consumer information, food and kitchen safety, food preparation skills, food storage, and nutrition and health. Participants play a game as a team of four competing against another team in question and answer format.

Educational Presentation

4-Hers research and prepare a presentation on a topic. This is a great way to practice your public speaking skills!

Method Demonstration

This contest is similar to the Educational Presentations but 4-Hers demonstrate a skill (recipe, napkin folding, etc.). Again, a great way to practice your public speaking skills and show off what you know!

Consumer Decision Making

4-Hers again compete as a team. In this contest they are presented with a group of products (backpacks, batteries, etc.) and they have to make a decision on which product is the best buy out of the group. They rank the products and then give reasons as to why they are ranked that way. Project experiences can include shopping trips to practice comparison shopping! Participants must be enrolled in the 4-H Consumer Life Skills project.



Family Life

Demonstrate understanding of family and community factors that influence relationships, positive growth and development, self esteem, and personal responsibilities.

Clothing and Textiles

Fabric and Fashion Design

The Fabric & Fashion Design Competition gives 4-H members an opportunity to demonstrate abilities and skills in developing ideas and sketching designs. The three categories are accessory design, apparel design, and textile design. An interview will be part of the state level contest and the youth must attend Texas 4-H Roundup to participate in the interview.



Fashion Show

The 4-H Fashion Show provides opportunities for members to exhibit skills in application of knowledge of fibers and fabrics to wardrobe selection, clothing construction or comparison shopping, fashion interpretation and understanding of style, good grooming and poise, and modeling and presentation of themselves and their garments at county, district, and state levels. The Fashion Show has two divisions, buying and construction. The four categories in each division are casual, dressy, formal, and specialty.

Health

Presentations related to health education and the health industry. All presentations must be backed up by current medical and health journal articles (e.g., Journal of the American Medical Association, Annals of Internal Medicine.) Other resources could come from Texas AgriLife Extension's Health and Safety (website at <http://extensionhealth.tamu.edu>), Centers for Disease Control and Prevention, and Texas Department of State Health Services.



Housing and the Home Environment

Focuses on all aspects of the home environment. Ideally it is an outgrowth of a Housing and Home Environment project where youth learn about various aspects of the home. Housing choices, basic design, universal design, sustainable housing (appliances, energy, water, and building materials), and air quality are some of the topics that can be explored. The goal of the project is for participants to learn and apply principles of design and function to make the home attractive, safe, and comfortable for all family members.



Have Questions?

Contact your club manager or Cherrie at cc-curtis@tamu.edu