



THE UNIVERSITY OF GEORGIA
COOPERATIVE EXTENSION
College of Agricultural and Environmental Sciences & Family and Consumer Sciences



Georgia 4-H Base Programming

Egg Preparation Demonstration Contest

Description of Learning Experience:

The 4-H Egg Preparation Demonstration Contest is an individual contest in which an egg dish is prepared and knowledge of eggs is demonstrated. Each participant must present a twelve minute demonstration on the preparation of an egg dish incorporating knowledge of the egg industry, egg quality and nutrition.

Learning Outcomes:

- Develop and demonstrate leadership and communication skills.
- Acquire knowledge of quality standards, size classification, nutritional value, preparation and storage, functional properties, versatility and economic value of eggs.
- Develop creative skills in preparation, use and serving of eggs.
- Learn to enjoy eggs as a food.
- Utilize sound nutritional knowledge when planning meals.

Georgia Performance Standards:

Elementary School: **HE5.1:** Students will comprehend concepts related to health promotion and disease prevention to enhance health; **HE5.5:** Students will demonstrate the ability to use decision-making skills to enhance health.

Middle School: **HE6.1:** Students will comprehend concepts related to health promotion and disease prevention to enhance health; **HE6.6:** Students will demonstrate the ability to use goal-setting skills to enhance health; **HE7.1:** Students will comprehend concepts related to health promotion and disease prevention to enhance health; **HE7.8:** Students will demonstrate the ability to advocate for personal, family, and community health; **HE8.1:** Students will comprehend concepts related to health promotion and disease prevention to enhance health; **HE8.2:** Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors; **HE8.5:** Students will demonstrate the ability to use decision-making skills to enhance health.

State Contact: Cheryl Varnadoe cv4h@uga.edu 706-542-4444

4-H helps young people experience: An increased desire to make a difference in their communities - High levels of leadership, self esteem, public speaking, communication and planning skills - Improved School Performance - Motivation to help others - Overall improvement in civic identity and civic engagement.



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High School: HE H.S.2: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors; **HE H.S.3:** Students will demonstrate the ability to access valid information and products and services to enhance health; **HE H.S.5:** Students will demonstrate the ability to use decision-making skills to enhance health; **HE H.S.6:** Students will demonstrate the ability to use goal-setting skills to enhance health; **HE H.S.7:** Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks; **HE H.S.8:** Students will demonstrate the ability to advocate for personal, family, and community health.

Essential Elements:

Primary: Mastery; Secondary: Independence/Belonging

Mission Mandates:

Healthy Living, Science, Engineering and Technology; Citizenship

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