



1. Choose 1 (one) project (most projects require a speech for presentation).
2. do not require speech or visual. See special instructions on the back of this sheet
- 3.

_____ - This category is for students who sew. To compete in this category a student will prepare a garment or item that includes a seam, finish, and fastener in the one item. Items may include, but are not limited to, a pillow, purse, duffle bag, apron, shorts, skirt, or any other item. 4-H'ers will be asked questions relative to selecting and sewing their item or garment including, but not limited to, fabric care requirements.

; those would be in the craft category.

_____ These two projects are food preparation labs and have very specific requirements. For this reason, students are required to attend a workshop at the 4-H office to be eligible to compete in either of these categories. We will make sure that you understand the requirements and are prepared for the competition. The workshops will teach you how a food project lab is conducted, explain proper attire for competition, show you the proper methods for measuring, mixing, etc., help you decide how to display your dish, and help you select your healthy recipe to use for the competition. Please contact Ms. Conway at ebarber@uga.edu to set up a workshop time.

For these two projects students will prepare and serve an uncooked healthy snack displaying proper food safety practices while preparing the snack, and answer questions about your dish including ingredients, the food groups, food safety, etc. Cloverleaf 4-H'ers are not permitted to use knives or electric appliances such as blenders in competition.



275 Cleveland Road
Bogart, GA 30622

Phone: (706) 613-3640

Fax: (706)613-3643

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If you are an individual with a disability who may require assistance or accommodation in order to participate in or receive the benefit of a service, program, or activity of UGA, or if you desire more information, please contact us.