



4AJ-09P0

Kentucky 4-H Poultry: Egg-Preparation Demonstration

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Description

Participants in the Kentucky Egg-Preparation Demonstration are required to prepare a dish containing eggs while demonstrating proper food safety and cooking skills.

The state contest includes separate competitions for juniors and seniors. The top senior will have the opportunity to represent Kentucky at the National 4-H Poultry and Egg Conference, which will be held the third Thursday in November. They will be provided with \$300 to cover travel expenses related to participation in the national event.

Past state winners at the senior level are not eligible to participate again. Past state winners at the junior level can participate again at either the junior or senior level, depending on their age.

The contest is held in conjunction with the State 4-H Communication Day. Check with the state 4-H office for the deadline to register.

Purpose of Event

- To develop and demonstrate leadership abilities and communication skills
- To acquire knowledge of egg-quality standards, size classification, nutritional value, preparation and storage, functional properties, and versatility and economic value of eggs
- To develop creative skills in preparation, use, and serving of eggs
- To learn to enjoy eggs as a food
- To use sound nutritional knowledge when planning meals



Overview of the Contest

The participants have 12 minutes to demonstrate the preparation of their egg dish, incorporating the following information with regards to eggs:

- Nutritional value
- Proper storage
- Functional properties
- Buying eggs (grades and sizes)
- Versatility
- Economics

The participants are judged on the program content (35 percent), presentation and skill (35 percent), and the final product (30 percent).

Picking a recipe

The rules require that the recipe include a minimum number of eggs. If the dish is an appetizer, snack, dessert, or beverage, it must contain at least half an egg

per serving. So if the dish serves four, it must contain at least two eggs. If the dish is a salad or main dish, it must contain at least one egg per serving. Use of the entire egg is not required. For example, a main dish that feeds six people may be made with six egg whites. You must have a finished product available for the judges to sample at the end of your demonstration.

It is important to pick a recipe that fits well into the demonstration. It should be relatively easy to prepare and have an important role in the overall nutrition of the family. The dish should not have an excessive preparation time, and the ingredients should be readily available and economical. Think about why you chose the recipe, and include that information in your talk. Did you select it for economy, convenience, or nutrition? Do you simply think the dish tastes good? Does it use up the eggs your hens have been producing? Consider the health aspects of the dish. Is it appropriate for its intended use? It should not be high in fat, calories, or sodium.

The recipe should be written out to give to the judges at the end of the presentation. How to write the recipe correctly is described on Page 3.

Preparation

You will have time before your demonstration to get all your materials and equipment organized. You also will need to make the dish to have it ready for the

judges at the end of your demonstration. If the recipe calls for long cooking times, have the product ready in various stages so the recipe can be completed within the 12 minute allotted demonstration time.

Set up your table as shown in the diagram below. All your clean equipment and utensils as well as the pre-weighed ingredients for your recipe should be on your left. The middle is reserved for the work area. Using a tray in this area is recommended since it clearly indicates your work area. The right side of the table is for your dirty dishes. You can have some decorations at the front of your “clean” and “dirty” areas to keep them out of sight of the audience.

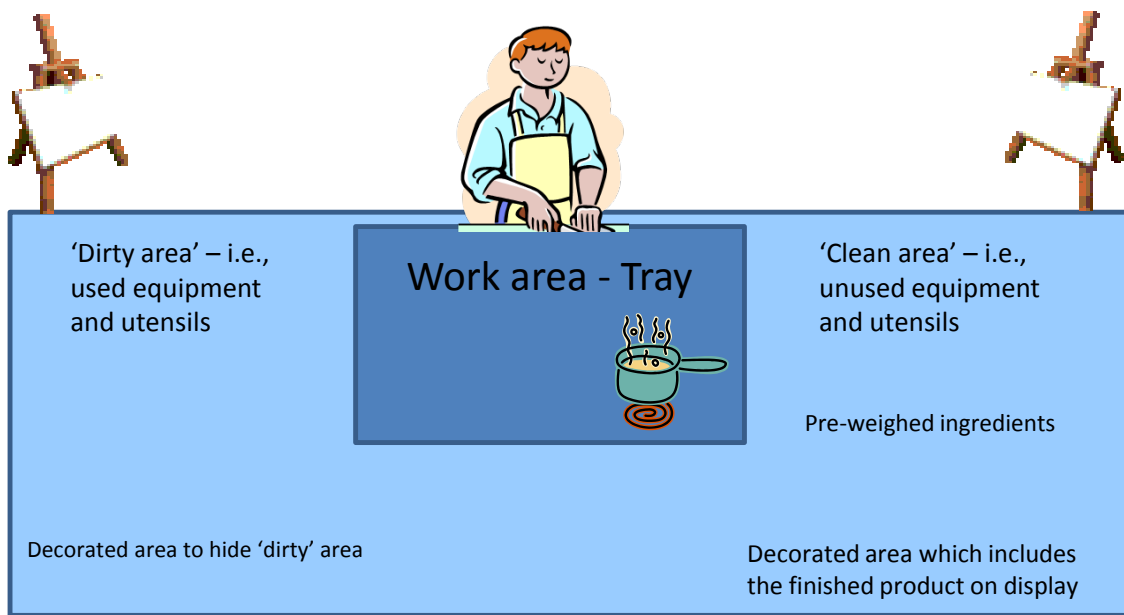
The Demonstration

During the demonstration it is important you show good organization of the workspace and safe food-handling technique. As shown in Figure 1, work from left to right—keeping clean and dirty dishes separate.

Some important key food handling techniques include washing your hands before and after handling eggs. In addition, the egg shell should be broken using the back of dull knife and the egg contents placed in a separate bowl. The egg contents are examined before transferring into the mixing dish.

While demonstrating how to prepare your recipe, you should use posters to highlight the points you will be discussing (Figures 2 and 3). One poster should

Figure 1. Example of Table Layout for Egg-Preparation Demonstration.



A U D I E N C E and J U D G E S

include a list of your ingredients. A second should highlight the steps in making your recipe. Use bullet points to make it easier for the audience to follow. You should also have posters to accompany your discussion on the nutritional value, quality, and versatility of eggs. Any posters used should be neat, clean, visually appealing, and easily read or seen. Make sure that the posters contribute to the demonstration. Examples of posters are included.

The presentation should spark interest in your recipe. It is important that you be appropriately dressed. In some cases, this includes appropriate dress for any 'theme' you are using (e.g. cowboy, French chef, etc.). Your hair should be neat and restrained. Your hands should be clean. Do not wear any distracting jewelry.

You should talk loud enough to be heard, without shouting. Avoid the use of clichés. You will be scored on how well you keep the attention of the audience.

Rules and Regulations for State Event

1. The demonstration must be no more than 12 minutes in length. An additional 3 minutes will be provided for the judge to ask questions. If the presentation is 2 minutes or less longer than the specified length, 2 points will be deducted from the total score. If the presentation is from 2 to 5 minutes longer than the specified length, 5 points will be deducted from the total score. If the presentation exceeds 5 minutes longer than the specified length, 10 points will be deducted from the total score.
2. Each participant must submit to the judge a copy of the recipe used in the demonstration.
3. Recipe includes the following parts:
 - Name of recipe
 - Ingredients listed in order they are used in the instructions:
 - Measurements given in common fractions
 - No abbreviations used
 - No brand names used
 - Instructions for combining ingredients:
 - Clear instructions for every step of combining and cooking the ingredients
 - Short, clear, concise sentences
 - Correct food-preparation terms to describe combining and cooking process
4. The egg dish recipe may utilize prepared packages of food ingredients (i.e. grated cheese) or canned items (i.e. tomato paste).
5. Each participant is responsible for cleanup after his or her demonstration.
6. Easels will be provided. Only posters and table-top displays will be allowed. All props and visuals must be displayed on the demonstration table or easels. No additional display tables will be allowed. Slides and audio visuals will not be allowed.
7. Posters displayed must be the work of the participant. Participants may use notes or outlines to assist them, but reading from notes may hurt presentation scores.
8. Participants will work alone unless an emergency arises, in which case they will be assisted by the preparation room staff.
9. Each participant will furnish his or her own supplies except the eggs, range, oven, microwave, and refrigerator necessary for preparation of egg dish.
10. There will be no team demonstrations in this event.
11. In case of a tie, the tie will be broken by the following methods in the order listed:
 - The participant with the highest score in "Presentation Skills" will win.
 - The participant with the highest score in "Program Content" will win.
 - The participant with the highest score in "Product" will win.
 - A method will be decided upon by the event committee.
12. Past state winners of the egg-preparation event at the senior level may not participate in the egg-preparation event again.
13. Past state winners of the egg-preparation event at the junior level may participate in the egg-preparation event again at the junior or senior level, provided they meet age requirements as well as county and area event requirements.

Commonly Asked Questions

Question. What is the difference between brown and white eggs?

Answer. Egg-shell color does not affect the quality, taste, nutritional value, or cooking quality of eggs, so the answer to this question is “only the color of the shell.”

Q.What role do the chalazae have in the egg?

A. To hold the yolk in the center of the egg.

Q.Where does the yellow pigment in yolks come from?

A. The yellow pigment is from the food that they eat, which is why the yolk is darker from hens allowed outside to feed on grass and other plants.

Q.What happens to egg quality as the egg is kept in storage?

A. There is a deterioration in the interior quality of the egg. When a fresh Grade AA egg is broken out, the yolk is firm and the area covered by the albumen is small. If a lower quality Grade B egg is broken out, the egg spreads out more. The yolk is flattened, and more thin egg white is present. In other words, a Grade AA egg looks better than a Grade B egg.

Q.Are there any nutritional differences between a Grade AA and a Grade B egg?

A. No. The difference is in the broken-out appearance only. Both are safe to eat and provide the same nutritional value.

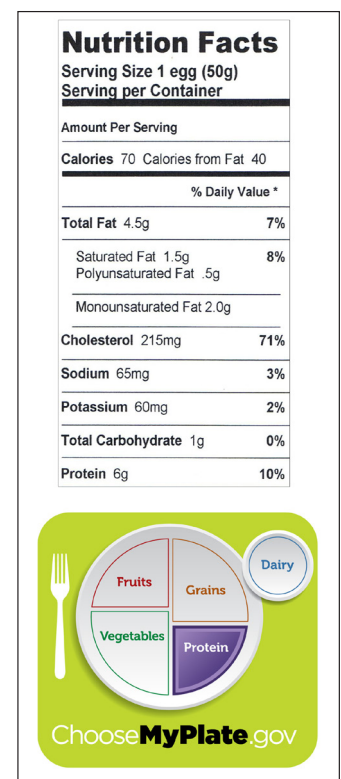
Q.What is the main bacteria of concern with food safety and eggs?

A. Salmonella

Demonstration Posters

- Your recipe can be divided between two posters. One poster should list your ingredients used. Measurements should be given in common fractions. No abbreviations or brand names should be used. The second poster should give step-by-step instructions on how to make your dish.
- You should discuss the parts of the egg including the air cell. The air cell size is an indication of egg quality. For more information on grading eggs refer to the factsheet “Kentucky 4-H Poultry: Grading Eggs” (4AJ-05P0).
- Include a discussion on proper handling and storage of eggs to maintain interior quality and on the nutritional qualities of the eggs. Among the topics to discuss are:
 - Eggs are one of nature’s most nutritional and perfectly packaged foods, and they are an excellent source of protein.
 - Eggs are a very versatile food. They can be served as the main dish or they can be incorporated into complex dishes.
 - Eggs must be kept in the refrigerator, preferably in their original carton.
 - The eggs should be placed on a rack in the refrigerator and not on a shelf in the door.

Figure 2. Nutritional poster example



Sources:

American Egg Board: www.aeb.org

Egg Nutrition Center: www.enc-online.org

Figure 3. Demonstration poster examples.



Egg Preparation Event—Score Sheet

Participant No. _____

Junior or Senior



Recipe _____

	Max Score	Score	
I. Presentation Content	35		Comments
Introduction			
Visual impact; introduction piques interest; importance established; purpose outlined	5		
General Nutrition Information			
Accurate, complete, up-to date; correct terminology; knowledge of nutrients in eggs; attention to balanced meals; health aspects; appropriate references	10		
Knowledge of Eggs			
Nutritional value; preparation and storage; functional properties in foods; grading and sizing; use in menu planning; appropriate references	10		
Summary of Main Points			
Unification of information with purpose, key points stressed	5		
Responses to Judge's Questions			
	5		
II. Presentation Skill	35		Comments
Appearance			
Neatly and appropriately dressed; hair neat and restrained; hands and nails clean; no distracting jewelry	5		
Delivery			
Voice projection; interpretation of information; confidence and speaking ease; avoidance of clichés; general effect on audience	10		
Work Techniques			
Acceptable food demonstration techniques and equipment; ease and efficiency in work; materials conveniently arranged; work sequence, table and work area clean and neat	15		
Visuals			
Appropriate and useful to effect of demonstration; neat, clean, visually appealing; easily read or seen	5		

Egg Preparation Event—Score Sheet - *continued*

	Max Score	Score	
III. The Product	30		Comments
Sensory Appeal	15		
Appetizing appearance, aroma, flavor; flavor that appeals to most people			
Reasons for Selection	5		
Is dish economical, convenient, considerate of health aspects, family favorite, for teens, etc.?			
Health Aspects	5		
Is the dish nutritionally appropriate for the intended used and people served? Is it exceptionally high in fat, calories, sodium, etc.?			
Recipe	5		
Correctly written; preparation time not excessive; ingredients available and economical; appealing and useful to families			
Total Points	100		

Recipe includes the following parts:	YES	NO
1. Name of recipe		
2. List of ingredients – listed in order they are used in the instructions:		
• Measurements given in common fractions		
• Abbreviations used		
• Name brands used		
3. Instructions for combining ingredients:		
• Clear instructions for every step of combining and cooking the ingredients		
• Short, clear, concise sentences		
• Correct food-preparation terms to describe combining and cooking process		
• Size of pan stated		
• Temperature and cooking time state		
• Number of servings and calories per serving stated		

TIME: _____

DEDUCTION: _____

- The demonstration must be no more than 12 minutes in length. An additional 3 minutes will be provided for the judge to ask questions.
- If the presentation is less than 2 minutes longer than the specified length, 2 points will be deducted from the total score.
- If the presentation is 2-5 minutes longer than the specified length, 5 points will be deducted from the total score.
- If the presentation exceeds 5 minutes longer than the specified length, 10 points will be deducted from the total score.