



Alabama Chicken Que Contest

Hmmm... the aroma of juicy, tender, slow-cooked barbecued chicken travels through the air tickling your appetite. How would you like the opportunity to be involved in this truly tasty event?

Chicken Que:

- Helps youth develop skills in the safe preparation and use of chicken as part of a healthy diet.
- Aids you in understanding the value, variety of uses, healthful benefits and cost per serving of chicken/poultry.
- Develops leadership skills that lead to sound character and community involvement.
- Enhances youth's ability to express ideas through participation in projects, talks, discussions, demonstrations and exhibits.

Who Can Participate

Any Alabama young person may participate in any 4-H competitive event. However, you must be a member of an Alabama 4-H Club. It's easy and quick to join – just call or e-mail your county Alabama Cooperative Extension System Office for information (for contact information, go to www.aces.edu/counties).

If you and your friends would like, you might start a 4-H Interest Club that focuses on your topic. For more information, see **Starting a 4-H Club** (www.Alabama4H.com).

Chicken Que is a 4-H Event. Your local Extension Office has information on local and regional events, as well as other 4-H activities.

Levels of Competition

Look at **General Event Policy for eligibility**.
http://www.aces.edu/fourh/docs/programs/General_Contest_Policy.pdf

Check the **Alabama 4-H Age and Eligibility Chart to determine the divisions of 4-H Membership**.
http://www.aces.edu/fourh/docs/programs/Eligibility_Chart.pdf

Senior Level II first place winner competes in the National competition which allows a participant to enter a national event only one time. This event is sponsored by the Alabama Poultry & Egg Assoc.

The Rules for Chicken-Que

- Individual Entry only. Teams are not appropriate.
- The contestants will be scored for **barbecue skills, sensory evaluation, and presentation** by three sets of judges according to the **barbecue score sheets**.
- Each contestant will prepare four 1 1/4 to 1 1/2 pound chicken halves provided to them by the contest monitors and make an oral presentation to the judges.
- There will be a 3 hour time limit on the preparation of the chicken. Contestant is to turn in product at the end of stated cooking time or be penalized.
- **Contestants will bring their own charcoal and lighter fuel. Self-starting charcoal or chimneys will be permitted for Juniors or Intermediates and are optional for Seniors.**
- All other equipment and supplies, including sauce, must be furnished by the contestant. Sauce may be commercial or private recipe (recipe must be provided to judges). Contestants may use a meat thermometer. Grill lids or grill covers will be permitted. Commercial devices for covering of meat during cooking will not be permitted; only aluminum foil wrap may be used, remember browning is a part of the sensory score sheet.
- The chicken will not be available to the contestant prior to the contest starting time.
- Chicken may not be marinated prior to start of the contest.
- A contestant may not inject any fluid or sauce into the chicken.
- Chicken halves may not be placed in baskets to aid in turning.
- Each contestant will present one barbecued chicken half to the panel of judges at the conclusion of their cooking on plates provided. No garnishes will be permitted on the plates when submitted to the judges but appearance of the chicken is important (color, intact skin, etc.).
- Contestants will work alone, except for setting up for the demonstration or in case of an emergency, as determined by contest monitors.
- A record of practices and recipes must be provided.
- Participants will be allowed 30 minute time period to set up equipment, prepare charcoal, etc. prior to the beginning of the timed event.

Risk Management

In using open flames, chemicals, power tools, sharp objects (knives, scissors, etc) **you MUST complete a Risk Management Plan two weeks prior to the contest.**

Your written *Risk Management Plan* should be provided to the following:

- County contest – County Extension Coordinator
- Regional contest – 4-H Regional Extension Agent
- State contest – 4-H Events Coordinator

The plan should include:

- How you are planning to transport and store the item(s) before and after your demonstration;
- How you will use the item(s) in the demonstration;
- How you will ensure that the demonstration is safe for you and the audience.

Include your name, age, county, e-mail address, day-time phone number and the Extension Staff's name. If there are concerns about your plan, you will be notified prior to contest. Bring a copy of your plan with you to contest.

Tips:

1. Use 2-3 pound dressed chicken broilers cut in half.
2. **Clean the grill** and fire box thoroughly to avoid dust and stains.
3. **Build a good fire.** Heap the charcoal in a pile in the fire box and apply a generous amount of commercial charcoal lighter fluid. An easy fanning motion helps to ignite all briquettes evenly. Do not add lighter fluid once the charcoal is lighted. When the charcoal is practically covered with a white ash, spread briquettes evenly under the cooking area. Wait about five minutes or until dust and smoke have settled before placing the chicken, skin side up, on the grill.
4. Using gloves, or tongs, **turn the chicken often** – about every five minutes- to keep from burning. If the skin is broken by using a fork, natural juices will be lost and the chicken will dry out. **For food safety purposes, gloves used with raw chicken should not be used with cooked chicken.** After chicken has been cooked once on each side, use a new pair of gloves to turn it.
5. **Apply a clear or light color basting sauce as you turn the chicken**, until the chicken is almost done. Then, apply finishing (barbecue) sauce. (optional)

6. **Chicken must be well done.** Test by twisting the drumstick, if the joint twists out of the socket easily, you can be sure your meat is well cooked.

Senior Level II ONLY:

An illustrated presentation, including factual information about broilers, will be made by each contestant (see score sheet). Contestants will be allotted a maximum of 8 minutes for presentations. Judges will have up to 3 minutes for questions directed to contestants. Posters and tabletop graphics will be allowed. Easels will be provided. MS PowerPoint Presentations using a computer and computer projector can be used for the oral presentation. A laptop computer and computer projector will be available. Any contestant wishing to do a PowerPoint presentation should have their talk on a high density 3 1/2" diskette, a 100 MB zip disk or on a CD. Order of presentation will be determined at contest.

How to Get Started With Your Senior Level II Power-Point Presentation (Juniors and Senior Level 1 are excluded from this requirement):

- 1) Select a topic
- 2) Decide on a title that will grab the audience's attention. It should be simple and tell what you will demonstrate.
- 3) Determine the purpose of the demonstration. You know a lot of stuff, but you only have 5- 8 minutes to teach it, so don't try to cover too much. Stay focused on a main idea.
- 4) Develop an outline of the topic.

Parents' and Volunteers' Guide

Like all 4-H projects, this activity is just for young people. It is expected that the young person create an original presentation. The role of adult helper is to support and encourage youth in their efforts, to ask and answer questions about the project, and to help youth learn specific techniques (such as computer techniques) that they might use in their project.



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A good presentation has four parts:

The introduction.....tell them what you are going to tell them.

Make the introduction creative, interesting, and informative. You might ask a question, give a startling statistic, or involve the audience in a short activity. Include your purpose and a list of things you might need.

The body.....tell them

Put together a step-by-step plan. For each step explain WHAT is being done, HOW it is being done, and WHY it is being done. Decide which steps may be finished or partially finished ahead of time. Plan how the audience will be able to see each step. Do you need to prepare samples or enlarged drawings? Try arranging the demonstration area so that you are working from left to right, or right to left if you prefer.

The summary...”tell them what you told ‘em”

Highlight the main points. Motivate your audience to want to try your ideas. Decide if your audience needs a handout to take home for future reference, or a small sample of the finished product.

Respond to questions...by repeating the question to the audience so that everyone can hear. Then provide the answer. After answering all the questions, it is a good idea to end the presentation by saying, “This concludes my presentation”, or simply, “Thank you” and a smile!

Tips for Giving a Good Presentation...Practice, practice, practice your presentation. Say and do everything you plan to say and do in front of an audience. Time yourself as you practice. When you feel you are ready, ask family and friends to watch and give you ideas on how to improve.

You have only one chance to make a first impression. Use good posture, with weight evenly on both feet. Wear clothes that fit properly, are neat and clean, and appropriate for the type of presentation you are giving. Wear jewelry that does not dangle or make noise.

Speak clearly and distinctly. Speak loudly enough to be heard across the room. Talk directly to the audience, not the table or the floor.

Smile and enjoy teaching others.

4-H Regional/Area Awards will be determined by the planning committee for that event. Notice will be sent to each county involved.

State Competition and Awards

Each county may register one Senior Level I and one Senior Level II individual in each event that is offered.

On the state level, ribbons will be awarded to 50% of the participants in a contest using ordinal rankings up to a tenth place ranking. Example: If there are 10 participants, first place will receive the Alabama State Trophy and a first place ribbon; placing ribbons will be awarded for the next four ranked participants for placing of second through fifth. The other five participants will receive honorable mention ribbons.

Suggestions for Contest Facilitators

- If possible, gather information about the demonstration topics prior to contest. A) Use your discretion to ensure that the topic is suitable for a 4-H audience. B) Look for common topics and select judges that are suitable.
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- Have participants draw numbers to determine the order of presenting.
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- Encourage the judges to ask questions at the end of each presentation. Questions aimed at discrediting the presenter should not be allowed.
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- Have area ready for participants at least 30 minutes prior to the event start time.
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- No time warnings are necessary. Begin timing after their introduction and stop the timing when they ask for questions.

The best judges are people who regularly speak or demonstrate before a group and convey a warm personality. They also are people who are comfortable applying standards.

For further information about the Judging Guidelines and Score Sheets, please contact your County 4-H Office: www.aces.edu/counties

Disqualification for Chicken-Que

- >Not completing a Risk Management Form in a timely manner
- >Not following Food Safety Guidelines

Deductions for Chicken-Que

- >Not completing a Chicken-Que Practice Record
- >Exceeding the time frame for completing the event.

Identification of Entry

Name(s), county and level of participation should be displayed with each entry. 4-H Project Exhibit cards are available, but not required.

August 2009

Risk Management Form

In using open flames, chemicals, power tools, sharp objects (knives, scissors, etc), ***you MUST complete a Risk Management Plan two weeks prior to the contest. You may use this form for that purpose.*** Risk management plans must be done for the following contests:

- ✿ Chicken-que
- ✿ Freestyle 4-H Demonstration

Your written *Risk Management Plan* should be provided to the following:

- ✿ County Agent, Volunteer leader, or 4-H Regional Extension Agent

1) How you are planning to transport and store the item(s) before and after your demonstration?

2) How you will use the item(s) in the demonstration?

3) How you will ensure that the demonstration is safe for you and the audience?

Name _____ Birthday _____

County _____ Extension Staff name _____

Daytime phone _____ Email address _____

If there are concerns about your plan, you will be notified prior to the contest. Bring a copy of your plan with you to the contest.



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Name _____ County/ Area: _____

Level: ___ *Junior* (Age 9-11) ___ *Intermediate* (Age 12-13) ___ *Senior I* (Age 14-15) ___ *Senior II* (Age 16-18)

Records:	Maximum Score:	Contestant Score:
Did the participant keep thorough records?		
Was the Recipe provided to judges?	5	_____
Equipment and Utensils:		
Practical? Efficient? Complicated?	5	_____
Appearance and Cleanliness:		
Person & equipment? Person and equipment while cooking? Apron?	5	_____
Starting Fire:		
Was method of lighting safe? Was person skilled in starting fire? Was extra fuel needed to start fire?	10	_____
Controlling Fire:		
Was the person skilled in controlling the fire: too hot, cook, ok? Did excessive heat require control measures? Was there excessive smoke or fire? Was charcoal added at proper time?	10	_____
Prepare Chicken for Cooking:		
Skilled? Practiced safety in use of knife? Trimmed excessive fat? Practiced food safety when handling chicken?	5	_____
Skill in Barbecuing:		
Was chicken turned before blisters occurred? Was skin torn during turning? Was sauce uniformly applied? Did cooking start with skin side up?	25	_____
Cooking Time (3 hrs allowed):		
Completed in prescribed time (time starts when fire starts; deduct 1 point for each 5 minutes late)	5	_____
Degree of Doneness:		
Drumstick (undercooked, done, overcooked)		
Wing (undercooked, done, overcooked)		
Breast (undercooked, done, overcooked)	20	_____
Appearance:		
Color (too light, moderate, too dark)		
Uniformity (not uniform, moderate, uniform)		
Burnt/blistered (severe, moderate, none)		
Speckled with ash (severe, moderate, none)		
Skin torn (severe, moderate, none)	15	_____
Texture:		
Chewyness (tough, chewy, tender)		
Rubbery (much, moderate, none)		
Juiciness (weak, moderate, too strong)	15	_____
Taste:		
Chicken (poor, moderate, good)		
Sauce (weak, moderate, too strong)		
Off flavor (weak, moderate, too strong)	25	_____
After Taste:		
Strong / moderate / weak	5	_____
TOTAL:	150	_____

Disqualification for Chicken-Que

- Not completing a Risk Management Form in a timely manner
- Not following Food Safety Guidelines

Deductions for Chicken-Que (-5 pts)

- Not completing a Chicken-Que Practice Record
- Exceeding the time frame for completing the event

(Comments on reverse)

Comments:



SYSTEM Issued in furtherance of Cooperative Extension work in agriculture and home economics, Acts of May 8 and June 30, 1914, and of related acts, in cooperation with the U.S. Department of Agriculture. The Alabama Cooperative Extension System (Alabama A & M University and Auburn University) offers educational programs, materials, and equal opportunity employment to all people without regard to race, color, national origin, sex, age, veteran status, or disability

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**Alabama 4-H Chicken-Que
Presentation Score Sheet**

SENIOR II ONLY

	Points Scored	Comments
A. Participants (Total Points 5) Well groomed Dressed appropriately Voice distinct & reasonably strong Pleasant, natural, yet enthusiastic and convincing		
B. Subject Matter (Total Points 20) Accuracy, practicality & completeness of information Factual nutritional information Food Safety Appropriateness for topic chosen Participant well informed Knowledge of turkeys/broilers and industry		
C. Presentation (Total Points 20) Introduction brief & interesting Methods suited to subject matter Information given in logical manner Equipment & materials handled with ease and skill Effective use of time Visuals, easily seen & used effectively Important points summarized		
D. Results (Total Points 5) Methods & principals well taught Questions answered satisfactorily		
TOTAL POINTS		

4-H Poultry Barbecue Practice Report

This 4-H Poultry Barbecue Activity is one that your family and friends will enjoy. By keeping a record of each barbecue, you better understand why one may be better than another.

With practice, you can determine which sauce to use, how much charcoal and fire is needed, the type of charcoal you like, the best size broiler to use, the best height to

have the chicken above the fire, and how long it will take to cook a certain size broiler.

To be eligible for the county contest, you must practice barbecuing four or more times and turn this report in at the county event. If you are selected as the Chicken-Que champion, you must practice barbecuing two additional times and turn this report in at the regional/area event.

Pactice Sessions	Weight Of Broiler	Type Of Charcoal	Distance From Grill (Inches)	Sauce Recipes (1a & 2b, etc.)	Cooking Time (Minutes)	Number of Halves Prepared	Fixed For Family Or Friends (Number Of People)	Rating - Excellent, Good, Fair
1								
2								
3								
4								
5								
6								
7								
8								

Name _____ Address _____ Age _____ Name Of Club _____