



Rules for Participation

PURPOSE

1. To develop and demonstrate leadership and communication skills
2. To acquire knowledge of quality standards, size classification, nutritional value, preparation and storage, functional properties, versatility, and economic value of eggs
3. To develop creative skills in the preparation, use, and serving of eggs
4. To learn to enjoy eggs as a food
5. To use sound nutritional knowledge when planning meals

CONTEST RULES

1. The appropriate contestant entry form must be submitted by the designated deadline. All information requested must be provided, including a copy of the recipe, appliances needed and for how long, and total preparation time needed in the kitchen prior to the presentation. Failure to submit all information may result in inconvenience to other contestants. Scheduling of appliances and presentation times are prepared using this information.
2. Contestants will be scored according to the points listed and described in the sample judges' scorecard.
3. During preparation of the product, contestants who need to use an oven may have to share it with another contestant.
4. Each contestant must present a demonstration on the preparation of an egg dish.
5. The demonstration must include the following:
 - a. Egg information: nutritional value, preparation and storage, functional properties, grading and sizing, versatility, and economics of cooking with eggs
 - b. Steps in preparation of the dish
 - c. A finished dish ready for sampling. This must be prepared in the contest site kitchen facilities on the day of the contest. Preparation may be prior to the demonstration or during the actual demonstration, depending on the nature of the dish. No contestants may prepare any portion of their dish outside of the contest site facilities.
 - d. Judges will be served and will sample the finished product at the end of each demonstration. Paper plates and bowls and plastic utensils will be provided, and these must be used when serving the judges. Contestants may not give anything to the judges except their recipe (see rule 8) and a sample of their finished product.
6. Demonstrations are meant to be no less than 10 minutes and no more than 12 minutes for Senior level. Junior and Intermediate levels are 7-10 minutes in length. Contestants will be permitted to finish the demonstration. If the presentation is longer than the specified length by 2 minutes or less, 2 points will be deducted from the total score. If the presentation is 2 to 5 minutes longer than the specified length, 5 points will be deducted from the total score. If the presentation exceeds the specified length by 5 minutes or longer, 10 points will be deducted from the total score.
7. The contestant must have demonstrated the selected recipe no less than 4 times prior to the contest.
8. At the time of the demonstration, each contestant must submit to the judges and superintendent five copies of the recipe used in the demonstration. This recipe must not contain the name of the contestant or the county represented. Recipes submitted should meet criteria described in rule 22.
9. The egg dish must contain a minimum of the following (using large-size eggs):
 - a. One-half egg per serving if the dish is classified as an appetizer or snack
 - b. One-half egg per serving if the dish is classified as a dessert
 - c. One-half egg per serving if the dish is classified as a beverage
 - d. One egg per serving if the dish is classified as a salad or main dish

Note: The entire egg does not have to be used in a dish. For example: a dessert serving six people may be made with three egg whites.
10. The egg dish recipe may utilize prepared packages of food ingredients (e.g., grated cheese) or canned items (e.g., tomato paste).
11. Each contestant must furnish his or her own supplies for the demonstration, including hot plates, electric skillets, or burners to be used in the presentation. The contest committee will provide the eggs (size large), range, oven, microwave oven, and refrigerator necessary for preparation of the egg dish in the kitchen.
12. Easels for posters will be provided for the demonstration; no slides or videos will be allowed. All props and visuals must be displayed on the demonstration table or easels. No additional display tables will be allowed.



13. Posters displayed must be the work of the contestant. Contestants may use notes or outlines to assist them, but reading from notes may hurt presentation scores.
14. No contestants will be allowed to have any means of identification (i.e., their names or the counties they represent) either on their person or on their posters.
15. The preparation room will be off-limits to everyone except the contestants and egg preparation room staff.
16. Contestants will work alone in the contest preparation room unless an emergency arises, in which case they will be assisted by the preparation room staff.
17. All contestants must remain in the preparation room until their demonstration is finished. Contestants who have completed their demonstrations cannot discuss judges' questions with other contestants until the contest is completed.
18. Contestants will be assigned an 8-foot table for use in the preparation area and for use as a front table in the demonstration. The contest committee will assist in moving this table from the preparation room to the demonstration area. A second 8-foot back table will be available in the demonstration area. Table cloths will be provided, or contestants may use their own.
19. Each contestant is responsible for cleanup after his or her demonstration.
20. In case of a tie, the tie will be broken by the following method and in the order listed:
 - a. The contestant with the highest score in Presentation and Skill will win.
 - b. The contestant with the highest score in Program Content will win.
 - c. The contestant with the highest score in Product will win.
 - d. A method will be decided upon by the contest committee

21. **SCORING FACTORS FOR THE CONTEST:**

- a. Program content (35 points maximum score)
 - 1) **Introduction** (5 points)—visual impact, interest sparked, importance established, purpose outlined
 - 2) **General nutrition information** (10 points)—accurate, complete, up-to-date, correct terminology, knowledge of nutrients in eggs, attention to balanced meals, health aspects, appropriate references
 - 3) **Knowledge of eggs** (10 points)—nutritional value, preparation and storage, functional properties in foods, grading and sizing, use in menu planning, appropriate references
 - 4) **Summary of main points** (5 points)—unification of information with purposes, key points stressed
 - 5) **Response to judges' questions** (5 points)
- b. Presentation and skill (35 points maximum score)
 - 1) **Appearance** (5 points)—neatly and appropriately dressed, hair neat and restrained, hands and nails clean, no distracting jewelry

- 2) **Delivery** (10 points)—voice projection, interpretation of information, confidence and speaking ease, avoidance of clichés, general effect on audience
 - 3) **Work techniques** (15 points)—acceptable food demonstration techniques and equipment, ease and efficiency in work, materials conveniently arranged, orderly work sequence, table and work area clean and neat, safe food handling procedures followed
 - 4) **Visuals** (5 points)—appropriate and useful to effect of demonstration; neat, clean, visually appealing, easily read or seen
- c. The product (30 points maximum score)
- 1) **Sensory appeal** (15 points)—appetizing appearance, aroma, flavor; flavor that appeals to most people
 - 2) **Reason for selection** (5 points)—Is dish economical and convenient? Consider health aspects, family favorite, for teens, etc.
 - 3) **Health aspects** (5 points)—Is dish appropriate nutritionally for intended use and people served? Is it exceptionally high in fat, calories, sodium, etc.?
 - 4) **Recipe** (5 points)—correctly written (see rule 22), preparation time not excessive, ingredients available and economical. Is this a recipe that would appeal to and be used by families of today?

TOTAL SCORE: 100 POINTS

22. Recipe must include the following parts:

- a. Name of recipe
- b. List of ingredients listed in order they are used in the instructions
 - 1) Measurements given in common fractions
 - 2) No abbreviations used
 - 3) No brand names used
- c. Instructions for combining ingredients
 - 1) Clear instructions used for every step of combining and cooking the ingredients
 - 2) Short, clear, concise sentences used
 - 3) Correct food preparation terms used to describe combining and cooking process
 - 4) Size of pan stated
 - 5) Temperature and cooking time stated
 - 6) Number of servings and calories per serving stated

