

Rains 4-H Club

County Roundup Contests

Several members of the Rains 4-H Club recently competed in the County Roundup Contests. Before the actual Food Show Contest, these youth participated in the Texas 4-H Food & Nutrition Project Series – Cooking in the Kitchen over a three week period. They learned a variety of skills such as measuring dry and liquid ingredients, knives and chopping techniques, different kitchen tools, food safety, basic cooking techniques, and safety in the kitchen.

For the contest they prepared a dish at home that was classified into one section of the USDA's MyPlate, which is fruits, vegetables, grains, protein, or dairy. Then each member made a presentation to a panel of two judges, in which they told them how they prepared it, the food safety procedures they followed, and the dish's nutritional value. All the members did an outstanding job in the competition and all received a first place blue ribbon. They will all advance on to the District IV Food Show that will be held at Texas A&M University – Commerce on Friday, April 27, 2018. Those 4-H members are Gage Cook, Wyatt Cook, Emily Cryer, Hagen Gowin, Gunner Cook, Avery Gowin, and Aubrey Gowin.

The next event was the Educational Presentations Contest. The youth each presented an educational presentation on their respective topic choices. They ranged from fly fishing to gun safety. This project encourages and teaches the youth how to refine their public speaking skills in front of an audience. The 4-H members that competed in this contest were Emily Cryer-Northcutt, Caleb Koster, Gage Cook, Savannah Holley, Hagen Gowin, Gunner Cook, Wyatt Cook, Matt Koster, Sarah Koster, Chloe Miller, Avery Gowin, Trent Jennings, and Armando Ayala. They all did a spectacular job presenting their respective topics! They will also compete at the District IV Roundup Contest in April at Texas A&M University - Commerce.

Good luck to these youth as they represent Rains County!

If you know anyone who is interested in joining the Rains 4-H Club, please contact us for more information at the AgriLife Extension Office at 903-473-4580 or visit us at rains.agrilife.org. We are also on Facebook at [facebook.com/Rains4HClub](https://www.facebook.com/Rains4HClub). Go and “Like” our page to keep up with the latest news, events, and programs offered by the Rains 4-H Club in Rains County.