Illinois 4-H Award Application

Please check the award area in which you are applying. If a member is submitting in multiple areas, the first 3 pages will be duplicated. The two questions on the last pages will need to be individualized for the award area(s) in which you are applying. Descriptions of the areas are included with the first page of instructions and information.. Community Service Personal Growth **Project Mastery** Communications Leadership List Project: Food & Nutrition LINCOLN Date Submitted 1 / 5 / 2016 County Legal Name Name you wish used in publicity _____ Apt. # Street Address City/State/Zip Code Home Cell Date of Birth (xx/xx/xxxx) _____ Gender Female Male Email Names of Parents/Guardians Name of 4-H Club(s) **Verification Statements** I personally have prepared this application and certify that it accurately reflects my work. Signature of Member Date I personally reviewed this application and certify that it accurately reflects the member's work Signature of Parent/Guardian Date Signature of 4-H Club Leader Date I have reviewed this application and believe it accurately reflects the member's work and approve it for state competition.

Signature of Extension Unit Representative

Date

ID Code:	
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Section 1: 4-H Project/Program Summary

In this section, list your top projects (i.e. Woodworking, Cooking 401, etc.) or programs (i.e. Teens as Teachers, Teens as Mentors, 4-H Federation) within the past three years of your 4-H membership. Show size or scope of the projects or programs by number of animals owned/leased, dishes prepared, articles made, youth taught/mentored, events planned, etc. (not just exhibits for the 4-H show). (30 points)

Year	Name of Project/Program	Project/Program Size or Scope			
		(what I made, did, raised or cared for, # taught/mentored)			
2015	Cooking 401	Made 200 recipes; Prepared 52 meals/4 people; Catered 3 parties			
14/15	Microwaving	Made 12 microwave recipes, taught siblings microwave safety			
14/15	Cooking 401	Made 15 recipes, prepared 10 meals/4 people, demonstrated			
		how to roll out dough to 15 club members			
14/15	Food Preservation	Canned 30 jars applesauce, dried 10 bags of jerky, dried 8 bags			
		banana chips			
13/14	Cooking 301	Made 12 recipes, prepared six dishes for meals for Ronald			
		McDonald House Residents			
13/14	Food Preservation	Canned 20 jars tomatoes, 30 jars green beans			
12/13	Cooking 201	Made 8 recipes, demonstrated scones to 12 at Food Demo Contes			
12/13	Food Preservation	Canned 10 jars peaches, 6 jars green beans			
14/15	Teens as Teachers/4-H Food Smart	Taught 40 youth importance of exercise, simple meals to make at			
	Families	home, use of kitchen equipment like microwave, mixers, griddles			
13/14	Teens as Teachers/4-H Food Smart	Taught 35 youth kitchen safety, food safety, healthy food choices,			
	Families	MyPlate guidelines, simple snack recipes			
14/15	Public Presentations	Emceed 4-H Night at Fair, Tour guide of fairgrounds for six new			
		4-H families, 2 Formal Speeches, 1 Original Works, 1 Demo			
13/14	Public Presentations	Spoke about 4-H to 30 at Kiwanis, 3 Formal Speeches, Gave			
		demonstration of impromptu speaking to 25 4-H club members			

Section 2: Participation in Other Community/School Activities/Events

Include your participation in sports, band/choral, school clubs, drama, other youth organizations, religious groups, etc. *from the past three years*. You can also include any employment you've had. Tell what you did and the skills you learned. Check all locations that apply. L = Local club or community; C = County; M = Multi-county/Unit; S = State; N = National; and I = International. (30 points)

Year	Kind of Activity	What I Did & Skills Learned	L	C	M	S	N	Ι
2014-15	Spanish Club	Secretary, fundraising, Trip to Mexico, cultural learning	X					\boldsymbol{X}
12-15	Volleyball Team	learned teamwork, setting, serving, scoring	X					
13-15	National Honor Society	Committee chair, community service, tutoring	X					
13-15	School Pep Club	Member, helped fundraise, learned teamwork	X					
13-15	Scholastic Bowl	Captain, learned educational facts, self confidence	X					
13-15	Subway Employee	Made sandwiches, ran register, learned food safety	X					
13-15	Vacation Bible School	Group leader – taught bible stories and activities	X					
		to youth in attendance, learned responsibility and						
		time management						
13-14	Christmas Parade	Made float for parade with church youth group,	X	X				
		learned teamwork and decision making						
12-13	Habitat for Humanity	Made snacks for workers, learned to stain woodwork	X	X				
		and snap together flooring						
12-13	Salvation Army	Rang bells during holiday season, learned to be	X	X				
	Bell Ringer	friendly and thank those who donated						
12-13	St. John's Breadline	Served meals, learned about hunger issues	X					
12-13	Paper Route	Delivered daily newspaper, learned time	X					
		management and handling money						

Section 3: Participation in 4-H Events/Activities

Include training activities, workshops, clinics, field trips, and special club or program activities and events *during the past three years of 4-H membership*. Show where you participated (L = Local Club; C = County; M = Multi-county/Unit; S = State; N = National; and I = International) and also indicate things learned. Do not include 4-H show results. Activities that have occurred during multiple years may be grouped onto one line. (40 points)

Year	Kind of Activity	What I Learned	L	C	M	S	N	I
2013-15	Livestock Judging	Conformation of animals, decision-making, presentation	X	X	X	X		
2013-15	Illini Summer Academies	Leadership skills, facts about human development				X		
2013-15	Speaking for IL 4-H	Public speaking skills, facts about Extension/4-H			X	X		
2014-15	4-H Project Asst./State Fair	Learned to check in 4-H members, place projects in proper area				X		
		and records results/ribbons awarded						
2014-15	4-H Foods Challenge	Teamwork, brainstorming, food safety, use of kitchen		X	X			
		equipment, creativity in food preparation						
2013-15	Foods Junior Judge	How to evaluate 4-H Food projects and give feedback		X				
2012-15	Junior Leaders/Foods	Mentored younger club members in foods projects,	X					
		demonstrated conference judging process						
2014-15	Boys vs. Girls Cookoff	Organizational skills, healthy snack recipes, food safety	X					
2012-15	4-H Memorial Camp	How to be a Counselor in Training, Outdoor cooking skills			X			
2012-15	Trick or Treating for	How to organize groups of people, compassion and caring for	X					
	Canned Goods	needy, acceptable food items for Food Pantries						
2013-15	4-H Ambassadors	Decision making, prioritizing, and teamwork with others to		X				
		plan and implement activities & community service projects						
2013-15	4-H Officer Training	Learned duties & role of club officers		X				
2014-15	Cake Decorating Workshop	Different techniques for icing cakes		X				
2013-15	Club Ribeye Sale	Money handling skills, promotion skills, cooking meat to						
		proper temperature	X					
2013-15	Foundation Spaghetti Meal	How to clear tables, serve meals, and welcome supporters		X				
2013-15	4-H International Night	Different ethnic dishes & facts about foreign countries		X				
2012-14	4-H Club Potluck	To increase recipe to feed a larger group, healthy food choices	X					
2012-13	Tasty Treats Workshop	To lead youth through recipe preparation & proper		X				
	Teacher	handwashing techniques, food safety						
2012-13	Cloverbud Camp Assistant	How to engage 5-7 year olds in making simple healthy snacks		X				
2012-13	Xamis 4-H Bratwurst Sale	Promotion of 4-H, serving meals, greeting supporters		X				
2012-13	International Cooking Camp	Ways to prepare ethnic dishes, use of different types of		X				
		ingredients, information on different cultures						
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General Essay Instructions

- The response to each essay should include a 250 to 550 word narrative included on separate pages.
- Essays should emphasize activities in the last three years, but may also speak to earlier motivations and experiences that laid the foundation for the member's current involvement.
- Include the Award Area in the title of the essay (i.e. Communication Essay #1; Project Mastery Robotics Essay #2).
- Please use a font size no smaller than Times New Roman 11 pt. for readability.
- Each essay is worth 50 points.

Essay 1: Excellence in Mastery Essay

Explain how you have mastered or excelled **in the award area.** This should not be a listing of awards received. This can include, *but is not limited to*:

- describing skills developed in the area,
- what you have accomplished by using those skills to teach others,
- how you have given back to your community,
- demonstrated leadership,
- extended applications of learning,
- goals set and how they were achieved, etc.

Essay 2: Impact Essay

Describe the impact your experiences in the award area have made on you and/or others. This can include, but is not limited to:

- the impact of community service projects on your community,
- results of teaching or mentoring youth in various subject matter areas,
- impact of a specific project area on your family relationships,
- effects of overcoming challenges,
- impact on your future goals, etc.

Judging Rubric

A 4-H member needs to receive a minimum of 125 points out of the 200 points available and score in the top 10% of the Award Area to be named as a semi-finalist.

Section	Criteria	Eligible Points
Section 1: 4-H Project/Program Summary	Illustrated Growth in Projects or Programs over time (30)	30
Section 2: Participation in other Community/School Activities/Events	Participation in Activities (6) Leadership Exhibited (6) Community Service (6) Knowledge/Skills Gained (6) Advanced Levels of Involvement (6)	30
Section 3: Participation in 4-H Events & Activities	Participation in Activities (5) Leadership Exhibited (10) Community Service (5) Knowledge/Skills Gained (10) Advanced Levels of Involvement (10)	40
Essay 1: Excellence in Mastery Essay	Demonstrated Mastery/Goals Achieved (20) Sharing with or Teaching Others/Giving Back (10) Leadership Demonstrated (10) Extended Application of Learning (5) Organization, Flow of Ideas - Spelling, Punctuation, Grammar (5)	50
Essay 2: Impact Essay	Impact on Applicant/Impact on Others (20) Challenges Faced/Overcome (20) Impact on Future Goals (5) Organization, Flow of Ideas - Spelling, Punctuation, Grammar (5)	50
	TOTAL POINTS	200