



Avian Science Notes

University of California • Cooperative Extension

June 2008



MARK YOUR FALL CALENDAR NOW

Avian Science Day will be Saturday, October 4th at UC Davis. Many excellent speakers are confirmed for the program.

Leaders: before your club disbands for the summer, please make sure that members and their families have the October 4th date on the calendar.



Keep Summer Guests out of the Poultry Pens

Most of us have visitors during the summer travel months. It is great to have visits from friends and relatives. However, they do NOT need to physically visit your birds. Leaders and members: this is a good time to review what BIOSECURITY means and how you practice it.

Be sure you have a fence around the area where you keep your birds. It should have a gate with a lock. Post a sign saying that you have a BIOSECURE ANIMAL AREA and NO VISITORS ARE ALLOWED.

You may know that your cousins come from Deluth, but you do not know all the poultry disease agents they could be bringing with them. Welcome guests to your home, invite them to join you in the pool, but do NOT allow them to walk into your bird pens.

EGG PREP DEMONSTRATORS ARE ALL WHIPPED UP



I hear from the southern and northern parts of the state that 4-H members have been polishing their demonstrations for the Egg Prep Qualifier. Even if you have not thought of it before now, consider the following. Are you good with demonstrations? Do you like to cook? Or do you at least like to talk about food? Is there a little bit of a "ham" in you? This may be your competition. See articles in this issue for details.



4-H EGG PREPARATION DEMONSTRATION CONTEST QUALIFIER

Tuesday, July 29, 9 a.m. (check-in 8:00 a.m.), UC Davis

Senior Division Winner to represent California at the National 4-H Poultry and Egg Conference in Louisville, Kentucky. Entries must be postmarked on or before **July 8, 2008**. Please send all completed Entries to:

Dr. Francine Bradley
Department of Animal Science
One Shields Avenue, UC Davis
Davis, CA 95616-8521

The 2008 Qualifying rounds for the National 4-H Preparation Demonstration Contest will be held at UC Davis.

Rules for the 4-H Egg Preparation Demonstration Contest Qualifier

1. Juniors (under 14 years of age as of January 1, 2008) will be allowed to enter for experience, but cannot represent California in Louisville.
2. Must be a Senior 4-H member between the ages of 14-18 years as of January 1, 2008.
3. Submit a typed copy of your recipe:
4. The demonstration must be no more than 12 minutes in length. An additional 3 minutes will be provided for the judges to ask question. 4. Bring the prepared dish from home and be prepared to demonstrate the preparation of this dish in front of the judges. The demonstration must include the following. a. Information on eggs: nutritional value, preparation, and storage, functional properties, grading and sizing, production, versatility and economics of cooking with eggs. b. Steps in preparation of the dish. c. A finished dish (**prepared at home**). Judges will sample each finished product at the conclusion of each demonstration.
5. The egg dish may utilize prepared packages of food ingredients (i.e. grated cheese) or canned items (i.e. tomato paste)
6. Each contestant will furnish all supplies for the demonstration.
7. Easels will be provided for the demonstration. Only table top displays will be allowed. No slides or videos will be allowed. All props and visuals must be displayed on the demonstration table or easels. No additional tables will be allowed.
8. Posters displayed must be the work of the contestant.
9. No contestant will be allowed to have any means of identification as to his/her name on their person or posters or demonstration materials.
10. Contestants will work alone.
11. Contestants will be assigned an 8 ft work table for use in the preparation area. A 10 ft table will be assigned for the presentation of the prepared dish. A rolling cart will be available as a back work area in the presentation room.

Recipe and portion size rules as well as decoration information can be obtained in the complete rules of the National Contest.

2008 REGISTRATION FORM

EGG PREPARATION DEMONSTRATION CONTEST

Entire entry must be typed

Entry Form – Entries close July 8, 2008

_____ Contestant Name
_____ Address
_____ City/State/Zip
_____ Birthday
Month/Day/Year
_____ Social Security No.
_____ Telephone Number

Juniors (under 14 years of age as of January 1, 2008) will be allowed to enter for experience, but cannot represent California in Louisville.
Seniors must be between the ages of 14-18 years as of January 1, 2008.
Contest is open to all youth.
Top senior 4-H member qualifier to represent state at 4-H national contest.

Affiliation (check one) 4-H FFA Grange Independent

1. Recipe Name: _____

2. A brief description of the recipe: _____

3. Please type a complete recipe following directions given in National Contest Rules #8, #9 and #22. This recipe will be submitted to the judges as typed.

Attach as a separate page.

4. Typed text of everything you will say while presenting a demonstration on the preparation of your recipe.

Attach a separate page.

5. The contestant has (check blank) Provided birth date
 Provided Social Security
 Recipe Name
 Brief description of recipe
 Complete Recipe

Signed _____

Name _____ Parent/Leader

Return this form to:

Dr. Francine A. Bradley
Animal Science Department
University of California
Davis, CA 95616-8521

If you have any questions, contact:

Michele Palmer
Tel: (530) 752-9040
Fax: (530) 752-8960
email: mlpalmer@ucdavis.edu



National 4-H Poultry & Egg Conference



Information

Conference Information

Competition History

Egg Preparation Demonstration Contest

(Special Awards Provided by various State Egg Promotion Associations)

Purpose of the contest:

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.

Rules and Information:

1. Each state is eligible to enter one bona fide 4-H Club member in the contest.
2. Appropriate contestant entry form must be submitted by designated deadline. All information requested on this sheet must be provided, including copy of recipe, appliances needed and times, and total preparation time needed in the kitchen prior to the presentation. Failure to submit all information may result in inconvenience for contest. Scheduling of appliances and presentation times are prepared using this information.
3. The contestants will be scored according to the points listed and described in the sample judges score card.
4. Each participant must present a demonstration on the preparation of an egg dish.
5. The demonstration must include the following:
 - Information of eggs: nutritional value, preparation and storage, functional properties, grading and sizing, versatility and economics of cooking with eggs.
 - Steps in preparation of the dish.
 - 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 the contest-site facilities.
 - 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. The demonstration must be no more than 12 minutes in length. Contestants will be permitted to finish the demonstration. If the presentation is two (2) minutes or less longer than the specified length, two (2) points will be deducted from the total score. If the presentation is from two (2) to five (5) minutes longer than the specified length, five (5) points will be deducted from the total score. If the presentation exceeds five (5) minutes longer than the specified length, ten (10) points will be deducted from the total score.

7. The contestant must have demonstrated the selected recipe no less than six (6) times prior to the contest.
8. At the time of the demonstration each contestant must submit to the judges and superintendent five (5) copies of the recipe used in the demonstration. This recipe must not contain the name of the contestant or the state represented. Recipes should meet criteria described in [rule 22, Recipe Includes the Following Parts](#).
9. The egg dish must contain a minimum of (NOTE: Large egg size):
- 1/2 egg per serving if the dish is classified as an appetizer or snack.
 - 1/2 egg per serving if the dish is classified as a dessert.
 - 1/2 egg per serving if the dish is classified as a beverage.
 - One (1) egg per serving if the dish is classified as a salad or main dish.
 - Numbers above represent eggs to be broken, however, use of the entire egg is not required. 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 (i.e., grated cheese) or canned items (i.e., tomato paste).
11. Each contestant will furnish his or her own supplies for the demonstration **EXCEPT** the contest committee will provide eggs (size large), range, oven, microwave oven, and refrigerator necessary for preparation of the egg dish in kitchen. **Contestants must provide hot plates, electric skillets or burners to be used in presentation.**
12. Easels will be provided for the demonstration. Only posters and table-top displays will be allowed. 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 contestant will be allowed to have any means of identification as to his or her name or the state 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 after their demonstration. 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 is available in the demonstration area. Table cloths will be provided; however, contestants may use their own.
19. Each contestant is responsible for clean up after his or her demonstration.
20. In case of a tie, the tie will be broken by the following method, in the order listed:
- The contestant with the highest score in "Presentation and Skill" will win.
 - The contestant with the highest score in "Program Content" will win.
 - The contestant with the highest score in "Product" will win.
 - A method will be decided upon by the contest committee.

21. [Score sheets](#) for Egg Preparation Contest

22. Recipe includes the following parts:

- **Name of recipe**
- **List of 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.**
- **Size of pan stated.**
- **Temperature and cooking time stated.**
- **Number of servings and calories**

Get an Egg up! Egg Prep Demonstration Resources

As part of your Egg Prep Demonstration you will need to provide plenty of accurate information. Here are a few good sources of information to learn more about eggs, the industry, and how eggs are produced.

1. Animal Care Series: Egg-type Layer Flock

http://www.vetmed.ucdavis.edu/vetext/INF-PO_EggCarePrax.pdf

2. Eggcyclopedia, 3rd Edition. Free paper copies may be obtained by contacting the American Egg Board, 1460 Renaissance Drive, Park Ridge, IL 60068. (847) 296- 7043

Online version: <http://www.aeb.org/LearnMore/Eggcyclopedia.htm>

The American Egg Board main website is: <http://www.aeb.org/>

3. National 4-H Avian Bowl Manual. See cover article for ordering information.

4. The Egg Nutrition Center. <http://www.enc-online.org/>

5. The United Egg Producers. <http://www.unitedegg.org/>

6. The Mississippi State Cooperative Extension Service has an excellent website that contains much of the information that would be used in your Demonstration.

<http://www.msstate.edu/dept/poultry/4heggs.htm>

7. The Georgia Cooperative Extension Service also has an excellent 4-H Leader's Guide for planning Egg Prep Demonstrations and using eggs at project meetings. It contains recipes, activities, graphics models of eggs, and leader demonstrations.

2008 Avian Bowl

Wednesday, August 20th (check-in 5:00-5:30 p.m.). Contest begins at 6:00 p.m.

JUNIOR ENTRY FORM

4-H Avian Bowl Contest Entry Form

FORMS WILL NOT BE ACCEPTED WITHOUT COMPLETE BIRTH DATE FOR EACH MEMBER

Entries must be postmarked by July 11, 2008

Junior Teams: Members must be 13 years or younger on January 1, 2008.

County _____

Team One name _____

Team members' names:

Month/day/year

1. _____ Birth date _____

2. _____ Birth date _____

3. _____ Birth date _____

4. _____ Birth date _____

Alternate _____ Birth date _____

Coach _____
Name Address

City Zip Phone #

Team Two name _____

Team members' names:

Month/day/year

1. _____ Birth date _____

2. _____ Birth date _____

3. _____ Birth date _____

4. _____ Birth date _____

Alternate _____ Birth date _____

Coach _____
Name Address

City Zip Phone #

**Send entries to: Dr. Francine Bradley, Animal Science, UC Davis,
Davis, California 95616-8521; FAX (530) 752-8960.**

2008 Avian Bowl

Wednesday, August 20th (check-in 5:00-5:30 p.m.). Contest begins at 6:00 p.m.

SENIOR ENTRY FORM

4-H Avian Bowl Contest Entry Form

FORMS WILL NOT BE ACCEPTED WITHOUT COMPLETE BIRTH DATE FOR EACH MEMBER

Entries must be postmarked by July 11, 2008

Senior Teams: Must be 14 to 18 years by January 1, 2008.

County _____

Team One name _____

Team members' names: _____ Month/day/year
1. _____ Birth date _____
2. _____ Birth date _____
3. _____ Birth date _____
4. _____ Birth date _____
Alternate _____ Birth date _____

Coach: _____
Name _____ Address _____
City _____ Zip _____ Phone # _____

Team Two name _____

Team members' names: _____ Month/day/year
1. _____ Birth date _____
2. _____ Birth date _____
3. _____ Birth date _____
4. _____ Birth date _____
Alternate _____ Birth date _____

Coach _____
Name _____ Address _____
City _____ Zip _____ Phone # _____

**Send entries to: Dr. Francine Bradley, Animal Science, UC Davis,
Davis, California 95616-8521; FAX (530) 752-8960**



Help Boost the Bidding on Poultry at the State Fair Junior Livestock Auction

If you would like to insure that no worthy 4-H poultry exhibitor lacks good bids on his/her market poultry and eggs, consider contributing to the Supporters of Poultry Youth. Send checks made out to "Supporters of Poultry Youth" to me (Dr. Francine Bradley, Animal Science Department, UC Davis, California 95616).

4-H members and alumni who benefitted from the Supporters of Poultry Youth bids in the past are especially encouraged to donate. No amount is too small.

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CALENDAR

CALIFORNIA EGG PREP QUALIFIER

July, 29, 2008
UC Davis
Details in this issue

CALIFORNIA STATE FAIR

August 15 - September 1
Contact: California State Fair
Competitive Entry Office
P.O. Box 15649
Sacramento, CA 95852
(916) 263-3146
entryoffice@calexpo.com

AVIAN SCIENCE DAY

October 4, 2008
UC Davis

SEASIDE FEATHER FANCIERS'

BASH AT THE BEACH V
2008 APA NATIONAL MEET
October 25-26, 2008
Held on the Ventura County Fairgrounds
Contact: Dave Anderson (805) 524-4046
Danderson@Keygroupinc.Com

FUR & FEATHERS AT VENTURA'S BEACH

2nd Annual 4-H All Breed Shows &
Jr. Showmanship Events
Ventura Fairgrounds
Contact Susan Trockey at:
stdesign@roadrunner.com
OR
805-480-9976

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Contents:

June 2008

Mark Your Fall Calendar Now

Keep Summer Guests out of the Poultry Pens

Egg Prep Demonstrators are all Whipped Up

4-H Egg Preparation Demonstration Contest Qualifier

Get an Egg up! Egg Prep Demonstration Resources

2008 Avian Bowl Entry Forms

Help Boost the Bidding on Poultry at the State Fair Junior Livestock Auction

2008 Calendar