

Contact:

Animal and Food Science  
900 W.P. Garrigus Building  
Lexington, KY 40546  
859-257-2686

<http://afs.ca.uky.edu/4h-youth>

**When you support  
Extension, youth  
apply knowledge  
and leadership  
talents to advance  
in animal and food  
science as well as  
other career fields.**



# COOPERATIVE EXTENSION EXTENDING KNOWLEDGE *Changing Lives*



*Middle and high school age youth exhibit sound food safety practices as they prepare for the 4-H Chicken and Turkey Barbecue Contest. They have an opportunity to advance to national competition.*

## **4-H Poultry Barbecue Program Expands Skills and Creates Leadership Opportunities**

*Youth acquire scientific knowledge and improved understanding of the economy, versatility, and nutrition value of poultry and its relationship to human nutrition, health, and workforce readiness.*

**4-H Animal Science/ Poultry programs develop life skills including spirit of inquiry, decision making, ability to relate to others, maintain records, public speaking, positive self-esteem, and ability to accept responsibility.**

The 4-H Chicken and Turkey BBQ program provides opportunities to middle and high school age youth living in urban and rural areas. During 2016, Extension specialists and county agents conducted eight 4-H chicken barbecue camp programs reaching over 120 middle and high school age youth. The youth acquired scientific knowledge related to the economy, versatility, and nutritional value of chicken meat in relationship to human nutrition and food safety. Youth were introduced to the basic ingredients for a barbecue sauce in order to develop their own recipe in preparation for the 4-H Chicken and Turkey BBQ Contest.

During the competition, youth manage their time as they prepare chicken halves or turkey breasts. Judging is based on their food preparation skills and sensory evaluation. Youth make choices of equipment, maintain their appearance and cleanliness, start and control their fire, and prepare the meat using barbecue skills. Sensory evaluation considers appearance of the meat, doneness, texture and flavor. Those students advancing to national Barbecue Poultry and Turkey competitions present an illustrated talk including information about poultry in the United States.

Ten Allen County 4-H members competed in the National Poultry and Egg Conference BBQ and Egg preparation Contests over the past twenty-two years with two of the youth recognized as National Egg Preparation Champions. For each of the 4H members, competing



*During competition, youth select the type of equipment and method of cooking.*

at the national level means stepping out of their comfort zone to conduct research for their oral presentation and demonstrate advanced food preparation skills. Each of the 4-H youth are attending or graduated from college and gainfully employed. One of the 4-H members lived in an abusive, broken home. His 4-H experience instilled self-worth, advancing him to earn a master's degree and work on a PhD, currently. 4-H Livestock Clubs and competitions develop leadership skills, sound character and effective citizens.