



POULTRY QUE



ALABAMA 4-H
Alabama Cooperative
Extension System

Mmmmm. The aroma of juicy, tender, slow-cooked, barbecued chicken travels through the air tickling your appetite. How would you like the opportunity to be involved in this truly tasty event?

What You Will Do

- Develop skills in the safe preparation and use of poultry as part of a healthy diet.
- Understand the poultry industry size and scope, value, healthful benefits, and cost per serving of poultry.
- Develop leadership skills that lead to sound character and community involvement.
- Enhance your ability to express ideas through participation in projects, talks, discussions, demonstrations, and exhibits.
- All age levels can compete at the local, regional, and state levels.

National Representation

The Senior Level I first place winner will represent Alabama 4-H in the Turkey BBQ Competition at the National 4-H Poultry and Egg Conference in November in Louisville, Kentucky. The national competition will allow a participant to enter in Turkey Que only one time.

The Senior Level II first place winner will represent Alabama 4-H in the Chicken BBQ contest at the National 4-H Poultry and Egg Conference in November in Louisville, Kentucky. The national competition will allow a participant to enter in Chicken Que only one time.

LEVELS OF COMPETITION

Junior Level I:

9 to 11 years old on December 31 of the current calendar year (compete only at local and regional levels).

Intermediate:

12 to 13 years old on December 31 of the current calendar year (compete only at local and regional levels).

Senior Level I:

14 to 15 years old on December 31 of the current calendar year.

Senior Level II:

16 to 18 years old on December 31 of the current calendar year.

Refer to Alabama 4-H Competitive Events on the Alabama Extension website (www.aces.edu) to review the [Competitive Events General Policy](#) and the [Age & Eligibility Chart](#).

Junior/Intermediate Rules

1. Individual entry only. Teams are not appropriate.
2. The contestants will be scored for barbecue skills, sensory evaluation, and presentation by three sets of judges according to the barbecue score sheets.
3. Junior contestants will receive 2 pounds of ground turkey and will turn in 2 burger patties to the contest monitors. Intermediate contestants will receive 4 chicken thighs and will turn in 2 chicken thighs to the contest monitors. No garnishes or buns are to be turned in with finished products. Buns will be provided by contest monitors.
4. There will be a 2-hour time limit on the preparation of the poultry. Contestants are to turn in their product at the end of stated cooking time or be penalized.
5. Contestants will bring their own charcoal and lighter fuel. Self-starting charcoal or chimneys will be permitted for intermediates.
6. All other equipment and supplies, including sauce, must be furnished by the contestant. Sauce may be commercial or private recipe (recipe must be provided to judges). Contestants must use a meat thermometer. Grill lids or grill covers will be permitted. Commercial devices for covering of meat during cooking will not be permitted; only aluminum foil wrap may be used. Remember browning is a part of the sensory score sheet. This is also why it is recommended that the chicken be cooked without the skin removed.
7. Smokers may only be used as a grilling apparatus. This is a grilling contest, not a smoking contest. All meat must be turned by hand.
8. The poultry will not be available to the contestant before the contest starting time.
9. Poultry may not be marinated before the contest starting time.
10. A contestant may not inject any fluid or sauce into the chicken.
11. Poultry may not be placed in baskets to aid in turning.

12. Contestants will work alone, except for setting up for the demonstration or in case of an emergency, as determined by contest monitors.
13. A copy of the 4-H poultry barbecue practice report and recipes must be provided.
14. Participants will be allowed 30 minutes to set up equipment and prepare charcoal before the beginning of the timed event.

Senior Level I and II Rules

1. Individual entry only. Teams are not appropriate.
2. The contestants will be scored for barbecue skills, sensory evaluation, and presentation by three sets of judges according to the barbecue score sheets.
3. Senior Level I contestants will receive 2 pounds of ground turkey and will turn in 2 burger patties to the contest monitors. Senior Level II contestants will receive 4 thighs and will turn in 2 thighs to the contest monitors. No garnishes or buns are to be turned in with finished products. Buns will be provided by contest monitors.
4. There will be a 2-hour time limit on the preparation of the poultry. Contestants are to turn in their product at the end of stated cooking time or be penalized.
5. Contestants will bring their own charcoal and lighter fuel. Self-starting charcoal or chimneys are optional for seniors.
6. All other equipment and supplies, including sauce, must be furnished by the contestant. Sauce may be commercial or private recipe (recipe must be provided to judges). Contestants must use a meat thermometer. Grill lids or grill covers will be permitted. Commercial devices for covering of meat during cooking will not be permitted; only aluminum foil wrap may be used. Remember browning is a part of the sensory score sheet.
7. Smokers may only be used as a grilling apparatus. This is a grilling contest, not a smoking contest. All meat must be turned by hand.

8. The poultry will not be available to the contestant before the contest starting time.
9. Poultry may not be marinated before the contest starting time.
10. A contestant may not inject any fluid or sauce into the poultry meat.
11. Poultry may not be placed in baskets to aid in turning.
12. Contestants will work alone, except for setting up for the demonstration or in case of an emergency, as determined by contest monitors.
13. A copy of the 4-H poultry barbecue practice report and recipes must be provided to the monitor before the start of the contest.
14. Participants will be allowed 30 minutes to set up equipment and prepare charcoal before the beginning of the timed event.

Risk Management

In using open flames, chemicals, power tools, and sharp objects, you must complete a Risk Management Plan two weeks before the contest.

Your written Risk Management Plan should be provided to the following:

- County contest–County Extension Coordinator
- Regional contest–4-H Foundation Regional Extension Agent
- State contest–4-H Events Coordinator
- The plan should include the following:
 - How you are planning to transport and store the items before and after your demonstration
 - How you will use the items in the demonstration;
 - How you will ensure that the demonstration is safe for you and the audience

Include your name, age, county, email address, daytime phone number, and the Extension staff's name. If there are concerns about your plan, you will be notified before the contest. Bring a copy of your plan to the contest.

Tips

1. Clean the grill and fire box thoroughly to avoid dust and stains.
2. Build a good fire. Heap the charcoal in a pile in the fire box and apply a generous amount of commercial charcoal lighter fluid. An easy fanning motion helps to ignite all briquettes evenly. Do not add lighter fluid once the charcoal is lighted. When the charcoal is practically covered with a white ash, spread briquettes evenly under the cooking area. Wait about 5 minutes or until dust and smoke have settled before placing the chicken skin side up on the grill.
3. Using gloves or tongs, turn the chicken often (about every 5 minutes) to keep from burning. If the skin is broken by using a fork, natural juices will be lost and the chicken will dry out. For food safety purposes, gloves used with raw chicken should not be used with cooked chicken. After the chicken has been cooked once on each side, use a new pair of gloves to turn it.
4. Apply a clear or light color basting sauce as you turn the chicken until the chicken is almost done. Then apply the finishing (barbecue) sauce (optional).
5. Chicken must be well done. Use a meat thermometer and cook your poultry to 165°F.

Tips

1. Practice your presentation.
2. Say and do everything you plan to say and do in front of an audience. Time yourself as you practice. When you feel you are ready, ask family and friends to watch and give ideas on how to improve.
3. Use good posture with weight evenly on both feet. Wear clothes that fit properly, are neat and clean, and appropriate for the type of presentation you are giving. Wear jewelry that does not dangle or make noise.
4. Speak clearly and distinctly. Speak loudly enough to be heard across the room. Talk directly to the audience, not the table or the floor.
5. Smile and enjoy teaching others.

Presentation Senior I and Senior II

An illustrated presentation, including information about broilers or turkeys, depending on if you are Senior Level I or II, will be made by each contestant (see score sheet). Contestants will be allotted a maximum of 8 minutes for presentations. Judges will have up to 3 minutes for questions. A laptop computer and computer projector will be available at the contest. Any contestant wishing to do a PowerPoint presentation should have the talk on a jump drive. The order of presentation will be determined at the contest.

How to Get Started With Your Senior Level PowerPoint Presentation

- Decide on a title that will grab the audience's attention. It should be simple and tell what you will demonstrate.
- Determine the purpose of the demonstration. You know a lot of stuff, but you only have 5 to 8 minutes to teach it. Don't try to cover too much. Stay focused on a main idea.
- Develop an outline of the presentation.

A good presentation has four parts:

1. **The introduction.** Tell what you are going to cover in the presentation. Make the introduction creative, interesting, and informative. You might ask a question, give a startling statistic, or involve the audience in a short activity. Include your purpose and a list of things you might need.
2. **The body.** See the next two pages for specific expected content.
3. **The summary.** Highlight the main points.
4. **Respond to questions** by repeating the question to the audience so that everyone can hear. Then provide the answer. After answering all the questions, it is a good idea to end the presentation by saying, "This concludes my presentation," or simply, "Thank you," and smiling.

Turkey Que Presentation Topics (Senior I)

Your presentation is expected to cover the following points related to the turkey industry in the United States.

Turkey BBQ:

Size and Scope of the Turkey Industry

- How the industry started (complete history).
- How big the industry is today (the nation, not just your state).
 - # of meat, dressing %
 - # of feed
 - # of farms
 - Average live weight and growth time
 - \$ made by the industry
 - # and/or \$ exported and to whom
- The economic impact of the turkey industry on U.S. agriculture
- Consumer consumption of the meat in # and \$ and in \$ as a part of a weekly budget
- Compare trends over time with other poultry and with other animal species

Nutritive Value of Turkey Meat

- Nutrition information (stick to the breast portion).
- The nutritive benefits of adding poultry to your diet. Cover the fat content and cholesterol.
- Specific nutrient and food composition.
- Serving size or portion size.
- Role of poultry in a balanced diet.

Food Safety Information

- Cover the big 3: cooking temperature, safe handling and storage (raw and cooked), and cross-contamination.
- Specific organisms of concern: Salmonella, *Campylobacter*, *E. coli*, and *Listeria monocytogenes*

Sources for Your Research

- National Turkey Federation
- U.S. Poultry & Egg Association
- Your Local Extension Poultry Specialist
- Fact Sheets
- USDA AMS, analytics
- USDA NASS
- USDA food composition database

Chicken Que Presentation Topics (Senior II)

Your presentation is expected to cover the following points.

Chicken BBQ:

Size and Scope of the Broiler Industry

- How the industry started (complete history).
- How big the industry is today (the nation, not just your state).
 - # of meat, dressing %
 - # of feed
 - # of farms
 - Average live weight and growth time
 - \$ made by the industry
 - # and/or \$ exported and to whom
- The economic impact of the broiler industry on U.S. agriculture.
- Consumer consumption of the meat in # and \$ and in \$ as a part of a weekly budget.
- Compare trends over time with other poultry and then with other animal species.

Nutritive Value of Broiler Meat

- Nutrition information (stick to the breast portion).
- The nutritive benefits of adding poultry to your diet. Cover the fat content and cholesterol.
- Specific nutrient and food composition.
- Serving size or portion size.
- Role of poultry in a balanced diet.

Food Safety Information

- Cover the big 3: cooking temperature, safe handling and storage (raw and cooked), and cross-contamination.
- Specific organisms of concern: Salmonella, Campylobacter, E. coli, and Listeria monocytogenes

Sources for Your Research

- National Chicken Council
- U.S. Poultry & Egg Association
- Your Local Extension Poultry Specialist
- Fact Sheets
- USDA AMS, analytics
- USDA NASS
- USDA food composition database

Disqualification of Entry

- Not completing a Risk Management Form in a timely manner.
- Not following Food Safety Guidelines.
- Senior Level not completing and submitting a community service report.

Deductions of Entry

- Not completing a Poultry Que Practice Record.
- Exceeding the time frame for completing the event.

Community Service

Telling a great story, showcasing projects at a community library, speaking at the local nursing home or organizing a community cooking or a building block workshop are great opportunities to serve others. Serving others helps build your academic skills, learn civic responsibility, and develop leadership. It may also give you a good opportunity to meet new people, publicize 4-H, and practice your communication skills. Alabama 4-H is now requiring all senior level 4-H members to add a community service component to all 4-H Competitive Events. Each senior level 4-H member will have to complete the 4-H Community Service Report as a part of their project. 4-H members will be disqualified if the community service report is not included.

It is important that you decide what service you can provide, not have a parent or 4-H leader make this decision for you. Groups of young people are encouraged to work together to discover how they can serve their community.

An example for Poultry Que is to practice at a club meeting, Senior center, or for a local fire department.



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