

**2010 Texas State 4-H Food Show
Record Form
SENIOR**

Name: _____ **Age (as of Aug 31st, 2009)** _____

Address: _____

County: _____ **District:** _____

Birth date: _____ **Years in 4-H:** _____ **Gender:** _____

Food Category: _____ **Years in project:** _____

Project Goals:

(Attach separate sheet if necessary)

RECIPE

Leadership:

Community Service:

Knowledge & Skills Learned:

Project Activities:

Project Summary:

I certify the above information to be true and correct and completed during the current project year.

Contestant Signature: _____ Date: _____

I certify that the 4-H member named above has provided accurate and correct information.

Agent Signature: _____ Date: _____

FORM GUIDELINES, INSTRUCTIONS AND EXAMPLES

2010 Texas 4-H Food Show Record Form Guidelines

The following guidelines are designed to help 4-H'ers better understand and utilize the State Food Show Record Form. Please read and consider each one carefully as **0.5 points will be deducted from total score for incorrect submissions.**

1. Type size and font must be legible and easily read.
2. No additional lines or pages may be added.
3. No written menu is required.
4. The project form is worth 25% of your overall score.
5. Do not leave any blanks this information is necessary for participation.
6. Age of a 2010 Food Show participant is determined by age as of August 31, 2009.
7. For "years in 4-H" and "years in project", include the current year.
8. The state foods & nutrition project year for the State Food Show runs from State Food Show to State Food Show.
9. **Project Goals:** may be listed or in paragraph form, but must fit within the allotted space. Goals are things that you had hoped to learn or accomplish at the beginning of the project year. A goal may also be ongoing for one or more years. There is no set number of goals required.
10. **Recipe:** include the complete recipe for your dish, including any substitutions or variations, as well as preparation procedures and the number of servings. Please refer to the sample recipe and check sheet for detailed instructions on how to submit recipe.
11. **Leadership** is worth 5 points of your total score. List volunteer, elected/appointed and promotional leadership experiences in Foods & Nutrition in the current project year.
12. **Community Service** is worth 5 points of your total score. List any community service experience in Food & Nutrition for the current project year. Note: this section should not contain activities already listed under leadership.
13. **Knowledge and Skills Learned** is worth 5 points of your total score. Summarize what you have learned in Foods & Nutrition in the current project year. Points for overall of the project record, including recipe, will be accounted for in this category.
14. **Project Activities** is worth 5 points of your total score. List Foods and Nutrition activities for the current project year, such as contests, workshops, project meetings, etc. Do not include activities already reported under community service and leadership.
15. **Project Goals & Summary** is worth 5 point of your total score. Compose a brief and concise summary of your Foods & Nutrition project within the current year. Numbers may be helpful and you might want to include how you met your goals. This summary is limited to the space provided.
16. Sign and date your form. This is a contract and your signature certifies that the information shown is true and completed in the current project year.