

FORMS REQUIRED FOR 2010 STATE 4-H FOOD SHOW Forms Required: (Three manilla file folders, labeled with contestant's name, district and category, must be sent in. One folder should contain a complete set of the originals. The other two folders should each contain a complete set of photocopies of the original forms.) ½ point will be deducted for incomplete or incorrect paper work.

1. **2010 Texas State 4-H Food Show Personal Information Page and Certification Form.**
Send the original form, along with two copies.
2. **2010 Texas State 4-H Food Show Record Form.** Send the original copy of the form, along with two copies, available in this guide. Hard copies of the form will be returned to the contestant, however, it is recommended that a photocopy be made and retained by the contestant. The record should cover one year's 4-H work for State 4-H Food Show to next year's Food Show. The document, **2010 Texas 4-H Food Show Record Form Guidelines** may offer guidance in completing the **Record Form**. Please make sure to complete this year's form, and fill out all sections, including gender.
3. **Contestant Entry Recipe.** (1) There is a section on the **2010 Texas State 4-H Food Show Record Form** to use in submitting the printed entry recipe for the State Food Show. Recipes should be written according to the **Check Sheet for Recipe Written in Standard Form**. (Also see example of recipe written in correct form along with Check Sheet.)
 - **Also please email a 3 or 4 sentence bio and recipe in Microsoft Word to Robin See at robin-see@tamu.edu. For example the bio can include how long they have been in 4-H, how long in the Food & Nutrition Program, 2 or 3 major accomplishments during the contestant's current 4-H year.**
4. **2010 State Food Show Scorecard.** Contestant's information completed in the top section only. Send original, along with two copies.

Note: Double check to make sure that all parties, agent, District Extension Administrator or District 4-H Specialist, 4-H'er, leader, and parent and guardian, have signed each form and that the recipe adheres to the **Check Sheet for Recipe Written in Standard Form**.

Additional Guidelines and HELP documents.

1. Texas 4-H Food Show Record Form Guidelines
2. Check Sheet for Recipe Written in Standard Form and Example Recipe
3. Interview and Contestant Presentation Guidelines
4. Judging and Scoring the 4-H Food Show

Do not send these materials to the State 4-H Office. Mail them to:

Robin See
Administrative Assistant
220 Kleberg Center
2253 TAMU
College Station, TX 77843-2253

Materials must be in the Extension Nutrition Office no later than **Friday, April 30, 2010.**