DATE: September 12, 2014
TO: All South Plains District 2 County Extension Agents
SUBJECT: 2014-2015 District 2 4-H Nutrition Quiz Bowl
FROM: Andy Hart  Nancy McDonald
  Extension Program Specialist  Garza County CEA-FCS
  4-H & Youth Development  NQB Committee Chair

CONTEST DATE: Saturday, November 8, 2014
CONTEST LOCATION: Levelland High School, 1400 Hickory (Alamo and Hickory)
CHECK IN: 9:45 a.m.
CONTEST BEGINS: 10:30 a.m.
REGISTRATION VIA: 4-H Connect
4-H CONNECT OPENS: October 15, 2014
4-H CONNECT CLOSES: November 3, 2014
ENTRY FEE: $10
CONTACT: Nancy McDonald, (806) 495-4400

Please carefully read the enclosed guidelines, schedule, and assignments for the District 2 4-H Nutrition Quiz Bowl. The time schedule for Nutrition Quiz Bowl will be similar to last year. The Volunteer Leaders Nomination Form along with the District 2 4-H Nutrition Quiz Bowl Registration form are attached.

All District 2 F&N Quiz Bowl Entries and Registration Must Be Completed on 4-H Connect Between (Wednesday) October 15, 2014 and (Monday) November 3, 2014.

Registration for District 2 F & N Quiz Bowl will CLOSE on Monday, November 3 at 12 o’clock noon to allow Margaret time to run reports.

The District 2 4-H Food & Nutrition Task Force workday will be Tuesday, November 4 at 9:00 a.m. in the classroom/workroom at the District Office.
Required information due to the District Office, Tuesday, November 4, 2014 before 9:00 a.m.

- County Registration Forms
- Team Placards
- Volunteer Leaders Nomination Forms

1. Schedule for the Day—November 8, 2014
   
   8:00 a.m. Food Show/Nutrition Quiz Bowl Committee report to Levelland High School
   9:45-10:00 a.m. Registration (One person from each county check in teams and pickup placards)
   10:00 a.m. Orientation - All Contest Officials, except agents helping with food show (Moderators, Score Keepers, Judges, Timekeepers, Door Monitors)
   10:30 a.m. Contest Begins
   12:30-1:30 p.m. Break for lunch and food show awards
   1:45 p.m. Quiz Bowl Rules Review
   2:00 p.m. Contest Resumes

2. These Guidelines are in addition to those in the 4-H Food & Nutrition Quiz Bowl Guide:

   - $10.00 entry fee per participant. Entries and registration must be completed by each participant and certified by each county using 4-H Connect. Individuals may pay by credit card or County 4-H check.

   - Use the attached District 2 4-H Nutrition Quiz Bowl Registration form to register your team.

   - Each county may enter Junior, Intermediate, and Senior teams in the district contest. There is no limit on the number of teams from each county in each division.

   - The Intermediate team may consist of both junior and intermediate 4-H age members.

   - Age - Age will be based on 2014-2015 4-H year age requirements effective as of September 1, 2014.
     
     - **Junior** – 8 (and in the 3rd grade), 9, 10 as of August 31, 2014
       Birth date is between September 1, 2003 – August 31, 2006
     
     - **Intermediate** – 11, 12, 13 as of August 31, 2014
       Birth date is between September 1, 2000 – August 31, 2003
     
     - **Senior** – 14-18 as of August 31, 2014
       Birth date is between September 1, 1995 – August 31, 2000

   - A placard for each team member must be submitted with the completed registration form.

     **Instructions for Placard:**
     Use card stock weight paper, color coded (Pink – Junior Division, Yellow – Intermediate Division, and White – Senior Division). Print first name of each team member in landscape format using Times New Roman font and 150 pt. font size. Under first name of team member, also print county name in a 72 pt. font size. An example is attached for your convenience. Please use a binder clip to attach your placards to the registration.

   - Each county is asked to nominate one individual to help at the District Contest. Send the volunteer leader nomination form to District 2 Office by November 4, 2014.

   - Bracket position will be pre-determined randomly.

   - Only one coach per team will be allowed in contest room. No study guides will be allowed in contest room during competition. There will be no scribing of questions during contest rounds.
The final rounds will be public.


4. PLEASE NOTE! Round questions will be generated from a bank of questions from state as follows:

   **Juniors:** Questions from the following resources ONLY!
   
   ~Safe Home Food Storage B-5031
   
   ~Nutrient Needs at a Glance L-1875
   
   ~USDA - MyPlate Tip Sheets
   ChooseMyPlate
   Got Dairy Today?
   Be Food Safe
   Add more Vegetables to Your Day
   With Protein Foods, Variety is Key
   Focus on Fruits
   Healthy Eating for Vegetarians
   Make Half Your Grains Whole
   Salt and Sodium
   MyPlate/GettingStartedWithMyPlate.pdf
   
   ~Dietary Guidelines for Americans Executive summary

   **Intermediates:** Questions from the following resources ONLY!

   ~All junior resources
   
   ~PLUS  FOOD: A Handbook of Terminology, Purchasing and Preparation

   **Seniors:** Questions drawn from ALL resources listed on the state website.

   ~ All Junior and Intermediate resources
   
   ~PLUS  ADA American Dietetic Association’s Complete Food and Nutrition Guide

5. Awards will be given immediately following the final rounds in each age category. Medals will be given to the top three junior, intermediate and senior teams. The first, second, and third place senior teams will advance to State 4-H Roundup in June, 2015.

If you have questions concerning the District 2 4-H Nutrition Quiz Bowl, feel free to call Nancy McDonald at (806) 495-4400. Thank you for your attention to these matters. We look forward to a quality 4-H youth development experience for everyone!

This is your authorization to attend the District 2 4-H Nutrition Quiz Bowl on November 8, 2014, in Levelland and charge expenses to your regular monthly travel account.

cc: Michael Clawson, DEA
    Angela Burkham, North Region RPD-FCS

Enclosures