4-H Food & Nutrition Quiz Bowl - 2015-2016
District 2 Participant Guide

November 7, 2015
Levelland high School
1400 Hickory
Levelland, Texas

**Schedule**

Check In - 9:45 am  Orientation for volunteers - 10 am  Contest Begins – 10:30 am
Lunch Break - 12:30 – 1:30  Quiz Bowl rules review - 1:45  Contest resumes – 2 pm

**Registration**

Via 4-H connect, approved by County agent  Entry Fee - $10.00

**NEW Age Requirements**

Will be based on 2015-2016 4-H year age requirements as of September 1, 2015.

- **Junior** – 3rd grade – 5th Grade
- **Intermediate** – 6th Grade – 8th Grade
- **Senior** – 9th Grade – 12th Grade

**Contest Information**

Bracket Position will be pre-determined randomly. Only one coach per team will be allowed in the contest room. No study guides will be allowed in the contest room during competition. There will be no scribing of questions during contest rounds. Final rounds will be public.

**Awards**

Awards will be given immediately following the final rounds in each category. First, second and third place senior teams will advance to state Roundup in 2016.

**Information**

For more information contact your County FCS Agent.
Resources by Age Division

**Juniors:** Questions will be taken 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 will be taken from the following resources ONLY!

~All junior resources

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

**Seniors:** Questions will be 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