

SOUTH PLAINS - DISTRICT 2 4-H

DATE: August 24, 2018

TO: All South Plains District 2 County Extension Agents

SUBJECT: **2018-2019 District 2 4-H Nutrition Quiz Bowl**

FROM: Andy Hart
Extension Program Specialist
4-H & Youth Development

Melode Watson
Crosby County CEA-FCS
NQB Committee Chair

CONTEST DATE: Saturday, November 17, 2018

CONTEST LOCATION: Levelland High School, 1400 Hickory (Alamo and Hickory)

CHECK IN: 9:45 a.m.

CONTEST BEGINS: 10:30 a.m.

4-H CONNECT

Registration: October 23 to November 6, 2018

Late Registration: Not Available

ENTRY FEE: \$10

CONTACT: Melode Watson, (806) 675-2347



The time schedule for Nutrition Quiz Bowl will be similar to last year.

**All District 2 Food & Nutrition Quiz Bowl Entries and Registration
Must Be Completed on 4-H Connect Between
(Tuesday) October 23, 2018 and (Tuesday) November 6, 2018**

The Nutrition Quiz Bowl **WORKDAY** will be **Thursday, November 8
at 9:00 a.m.** in the classroom/workroom at the District Office.

South Plains - District 2 4-H
Texas A&M AgriLife Extension Service
1102 E Drew St | Lubbock, Texas 79403-6653

Tel. 806.746.6101 | Fax. 806.723.8499 | d24-h.tamu.edu

1. Schedule for the Day—November 17, 2018

- 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)
- 10:00 a.m. **NQB 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. **Teams MUST have four members.**
- At District, there is **no limit** on the number of teams from each county in each division: Junior, Intermediate, and Senior.
- The Intermediate team may consist of both junior and intermediate 4-H members.
- Age will be based on 2018-2019 4-H year age requirements effective as of 09/01/18.
 - **Junior** 3rd grade – 5th grade
 - **Intermediate** 6th grade – 8th grade
 - **Senior** 9th grade – 12th grade

Bring Name Placards the day of the contest.

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.

- Each county participating is asked to nominate a minimum of one volunteer to help at the District Contest. Please email Melode Watson with the name and email address of volunteers by **Tuesday, November 6**.
- Bracket position will be pre-determined randomly using a bracket program.
- 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 by participants or leaders.
- The final rounds in all divisions will be public.

3. **PLEASE NOTE!** Round questions will be generated from a bank of questions from the following resources.

Juniors: Questions will come from the following resources ONLY!

- **Safe Home Food Storage B-5031**
- **Nutrient Needs at a Glance L-1875**
- **USDA - MyPlate Tip Sheets**
 - Add more Vegetables to Your Day
 - Vary Your Protein Routine
 - Healthy Eating for Vegetarians
 - Make Half Your Grains Whole
 - Got Dairy Today?
 - MyPlate, My Wins (Mini Poster)
 - Be Food Safe
 - Focus on Fruits
 - Salt and Sodium
- **2015-2020 Dietary Guidelines for Americans Executive summary**
- **New Nutrition Facts Label – Key Changes – (FDA)**
<http://www.fda.gov/downloads/Food/IngredientsPackagingLabeling/LabelingNutrition/UCM511646.pdf>

Intermediates: Questions will come from the following resources ONLY!

- All junior resources **PLUS**
- **FOOD: A Handbook of Terminology, Purchasing and Preparation, 11th or 12th edition**

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

- **AND = Academy of Nutrition and Dietetics Complete Food & Nutrition Guide, 5th Edition** Roberta Larson Duyff, MS, RD, CFCS
2017, Houghton Mifflin Harcourt ISBN 978-0-544-52058-5
- **FOOD= AAFCS Food: A Handbook of Terminology, Purchasing, and Preparation, 11th or 12th edition.** American Association of Family and Consumer Sciences;
2006, ISBN 0-8461-0005-3.

Seniors (Continued)

- **Texas A&M AgriLife Extension Service Publications**
 - Nutrient Needs at a Glance L-1875 OR Know Your Nutrients – 4-H Guide
 - Safe Home Food Storage B-5031
<https://agrillifebookstore.org/>

- **USDA MyPlate (USDA)** <http://www.choosemyplate.gov/ten-tips>
 - Focus on these tip sheets:

My Plate, My Wins	Got Your Dairy Today?
Add More Vegetables to Your Day	Vary Your Protein Routine
Focus on Fruits	Healthy Eating for Vegetarians
Make Half Your Grains Whole	Be Food Safe

- **2015- 2020 Dietary Guidelines for Americans Executive Summary (DGA)**
http://health.gov/dietaryguidelines/2015/resources/2015-2020_Dietary_Guidelines.pdf

- **New Nutrition Facts Label – Key Changes – (FDA)**
<http://www.fda.gov/downloads/Food/IngredientsPackagingLabeling/LabelingNutrition/UCM511646.pdf>

4. Awards will be given immediately following the final rounds in each division. The first, second, and third place senior teams will advance to State 4-H Roundup in June 2019.

If you need any type of accommodation to participate in this program or have questions about the physical access provided, please contact the county office or Andy Hart, (806) 746-6101 at least two weeks prior to the event.

*Medical release, waiver, indemnification and code of conduct forms must be completed on 4-H Connect. If forms are not completed on 4-H Connect the 4-H member is responsible to bring a completed copy of all forms to registration to be eligible to participate in the contest.

This is your authorization to attend the District 2 4-H Nutrition Quiz Bowl on November 17, 2018, in Levelland and charge expenses to your regular monthly travel account.

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

Placard Example

Dakota

Lubbock Co.

A complete list of resources:

References: To address the identified objectives, teams and coaches should consult with the references below. For each objective, at least one appropriate reference is given.

The names of the references are abbreviated as follows:

1. **AND** = Academy of Nutrition and Dietetics Complete Food & Nutrition Guide, **5th Edition**
Roberta Larson Duyff, MS, RD, CFCS
2017, Houghton Mifflin Harcourt ISBN 978-0-544-52058-5
2. **FOOD**= AAFCS Food: A Handbook of Terminology, Purchasing, and Preparation, 11th or 12th edition. American Association of Family and Consumer Sciences;
2006, ISBN 0-8461-0005-3.
3. **Texas A&M AgriLife Extension Service Publications**
 - Nutrient Needs at a Glance L-1875 OR Know Your Nutrients – 4-H Guide
 - Safe Home Food Storage B-5031 <https://agrillifebookstore.org/>
4. **USDA MyPlate (USDA)**
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 - Healthy Eating for Vegetarians
 - Make Half Your Grains Whole
 - Be Food Safe
5. **2015- 2020 Dietary Guidelines for Americans Executive Summary (DGA)**
http://health.gov/dietaryguidelines/2015/resources/2015-2020_Dietary_Guidelines.pdf
6. **New Nutrition Facts Label – Key Changes – (FDA)**
<http://www.fda.gov/downloads/Food/IngredientsPackagingLabeling/LabelingNutrition/UCM511646.pdf>

After each objective the preferred reference is listed. **For official Quiz Bowl contest rules, consult the Texas 4-H Quiz Bowl Guide:**

<https://texas4-h.tamu.edu/wp-content/uploads/2018-Quiz-Bowl-Rules-8.30.18.pdf>