

**SOUTH PLAINS - DISTRICT 2 4-H**

**DATE:** August 23, 2019

**TO:** All South Plains District 2 County Extension Agents

**SUBJECT:** **2019-2020 District 2 4-H FCH (Nutrition) Quiz Bowl**

**FROM:** Melode Watson  
Crosby County CEA-FCS  
NQB Committee Chair

Michael Clawson  
District Extension Administrator

**CONTEST DATE:** Saturday, November 9, 2019

**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 16 to October 30, 2019

**Late Registration:** Not Available

**NOTE:** Counties may set alternate registration deadlines. Please check with your county for their deadlines.

**ENTRY FEE:** \$15

**CONTACT:** Melode Watson, (806) 675-2347



**The Nutrition Quiz Bowl contest is now the FCH Quiz Bowl. Due to our early contest date, District 2 has decided to continue with Nutrition Quiz Bowl for one more year. In 2020-2021, the contest will become the FCH Quiz Bowl. Senior teams advancing to 2020 Texas 4-H Roundup will need to study the FCH Bowl resources.**

**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  
(Wednesday) October 16, 2019 and (Wednesday) October 30, 2019**

The Nutrition Quiz Bowl **WORKDAY** will be **Friday, November 1  
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 9, 2019

- 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 2019-2020 4-H year age requirements effective as of 09/01/19.
  - **Junior** 3<sup>rd</sup> grade – 5<sup>th</sup> grade
  - **Intermediate** 6<sup>th</sup> grade – 8<sup>th</sup> grade
  - **Senior** 9<sup>th</sup> grade – 12<sup>th</sup> grade

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, 11<sup>th</sup> or 12<sup>th</sup> edition**

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

- **AND = Academy of Nutrition and Dietetics Complete Food & Nutrition Guide, 5<sup>th</sup> 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, 11<sup>th</sup> or 12<sup>th</sup> 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://agrilifebookstore.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](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 2020.

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 Melode Watson, (806) 675-2347 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, 2019, in Levelland and charge expenses to your regular monthly travel account.

cc: Michael Clawson, DEA  
Mandi Seaton, North Region RPD-FCS

## **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, 11<sup>th</sup> or 12<sup>th</sup> 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://agrilifebookstore.org/>
- 4. USDA MyPlate (USDA)**  
<http://www.choosemyplate.gov/ten-tips>  
Focus on these tip sheets:
  - MyPlate, MyWins
  - 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
- 5. 2015- 2020 Dietary Guidelines for Americans Executive Summary (DGA)**  
[http://health.gov/dietaryguidelines/2015/resources/2015-2020\\_Dietary\\_Guidelines.pdf](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>