

SOUTH PLAINS - DISTRICT 2 4-H

DATE: August 30, 2022

TO: All South Plains District 2 County Extension Agents

SUBJECT: **2022-23 District 2 4-H FCH (Nutrition) Quiz Bowl**

FROM: Wendy Case
Parmer County CEA-FCH
FCHQB Committee Chair

Michael Clawson
District Extension Administrator

CONTEST DATE: **Saturday, December 3, 2022**

CONTEST LOCATION: Sundown ISD, 701 School St, Sundown, TX 79372

CHECK IN: 10:15 a.m.

CONTEST BEGINS: 10:30 a.m. (tentative start time)

4H ONLINE

Registration November 7-21, 2022
Entry Fee: \$15



Late Registration **NONE**

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

CONTACT: Wendy Case, (806) 251-5120

4-H FCH Quiz Bowl Guidelines:

- \$15.00 entry fee per participant.
- Entries and registration must be completed by each participant and certified by each county using 4-H Online.
- 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.
- Intermediate teams may consist of both junior and intermediate 4-H members.

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

- Grades will be based on 2022-2023 school year age effective as of 09/01/22.
 - **Junior** 3rd grade – 5th grade
 - **Intermediate** 6th grade – 8th grade
 - **Senior** 9th grade – 12th grade
- Contest questions will come from the resources listed on the following pages.
- 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 2023.
- For official Quiz Bowl contest rules, consult the Texas 4-H Quiz Bowl Guide: http://texas4-h.tamu.edu/wp-content/uploads/quiz_bowl_rules_19_20.pdf.
- The State Quiz Bowl Study Guide -Food and Nutrition can be found at <https://texas4-h.tamu.edu/quiz/>
- Quiz Bowl Resources – [quiz_bowl_fch_resources_seniors-1.pdf \(tamu.edu\)](http://texas4-h.tamu.edu/wp-content/uploads/quiz_bowl_fch_resources_seniors-1.pdf)

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 the district office, (806) 723-8404 at least two weeks prior to the event.

cc: Michael Clawson, DEA
Molly Forman, North Region RPD-FCH

JUNIORS AND INTERMEDIATES:

Questions will come from the following resources ONLY!

Food and Nutrition Resources

- Texas A&M AgriLife Extension Service Publications [https://texas4-h.tamu.edu/wp-content/uploads/KNOW-YOUR-NUTRIENTS_FINAL.pdf](https://texas4-h.tamu.edu/wp-content/uploads/2018/08/KNOW-YOUR-NUTRIENTS-FINAL.pdf) Know Your Nutrients – 4-H Guide
- **USDA MyPlate (USDA) –**
Use these tips for resources on MyPlate. Additional review the “Healthy Eating” series under the Healthy Eating Topic for *Infants, Toddlers, Preschoolers, Kids, Teens, Young Adults, Adults, and Families*.
 - Focus on Whole Fruits (<https://www.myplate.gov/tip-sheet/focus-whole-fruits>)
 - Vary Your Veggies (<https://www.myplate.gov/tip-sheet/vary-your-veggies>)
 - Make Half Your Grains Whole (<https://www.myplate.gov/tip-sheet/make-half-your-grains-whole-grains>)
 - Move to Low-Fat or Fat-Free Dairy (<https://www.myplate.gov/tip-sheet/move-low-fat-or-fat-free-milk-or-yogurt>)
 - Vary Your Protein Routine (<https://www.myplate.gov/tip-sheet/vary-your-protein-routine>)
 - Rethink Fats (<https://www.myplate.gov/tip-sheet/rethink-fats>)
 - Enjoy Vegetarian Meals (<https://www.myplate.gov/tip-sheet/enjoy-vegetarian-meals>)
 - Eat Healthy. Be Healthy. Save (<https://myplate-prod.azureedge.us/sites/default/files/2020-12/DGA%20Infographic%282018%29.pdf>)

Healthy Lifestyles Resources

- Food Packaging - [http://texas4-h.tamu.edu/wp-content/uploads/healthy_lifestyles_materials_food_packaging_labeling_2020.pdf](http://texas4-h.tamu.edu/wp-content/uploads/2020/08/healthy_lifestyles_materials_food_packaging_labeling_2020.pdf)
- Physical Activity – Chapters 1, 2, and 3 [http://texas4-h.tamu.edu/wp-content/uploads/healthy_lifestyles_materials_physical_activity_2020.pdf](http://texas4-h.tamu.edu/wp-content/uploads/2020/08/healthy_lifestyles_materials_physical_activity_2020.pdf)
- E-cigarettes and Vaping
 - Electronic Cigarettes and Young People
https://www.cdc.gov/tobacco/basic_information/e-cigarettes/Quick-Facts-on-the-Risks-of-E-cigarettes-for-Kids-Teens-and-Young-Adults.html

Consumer Decision Making Resources

- Category
 - Sunglasses [http://texas4-h.tamu.edu/wp-content/uploads/CDM_categories_descriptions_2021.pdf](http://texas4-h.tamu.edu/wp-content/uploads/2021/01/CDM_categories_descriptions_2021.pdf)

SENIORS:

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

Food and Nutrition Resources

- **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.
Purchase: <https://www.g-w.com/food-handbook-terminology-purchasing-preparation-2015>
or online as used from Amazon, Barnes & Nobles, or other bookstores.
- **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://agrilifelearn.tamu.edu/s/>
- **2020- 2025 Dietary Guidelines for Americans Executive Summary (DGA)**
<https://www.dietaryguidelines.gov/resources/2020-2025-dietary-guidelines-online-materials>

Healthy Lifestyles Resources

- Food Packaging - http://texas4-h.tamu.edu/wp-content/uploads/healthy_lifestyles_materials_food_packaging_labeling_2020.pdf
- Physical Activity – Chapters 1, 2, and 3 http://texas4-h.tamu.edu/wp-content/uploads/healthy_lifestyles_materials_physical_activity_2020.pdf
- E-cigarettes and Vaping
 - Electronic Cigarettes and Young People
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