**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 Michael Clawson

Parmer County CEA-FCH District Extension Administrator

FCHQB Committee Chair

**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.
    - Age will be based on 2022-2023 4-H year age requirements 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](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/wp-content/uploads/food_fch_quiz_bowl_study_guide_2022-2023.pdf>

* + - Quiz Bowl Resources –

<https://texas4-h.tamu.edu/wp-content/uploads/food_fch_quiz_bowl_resources_2022-2023.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.

\*Medical release, waiver, indemnification, and code of conduct forms must be completed on

4-H Online. If forms are not completed on 4-H Online, the 4-H member is responsible to bring a completed copy of all forms to registration to be eligible to participate in the contest.

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>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/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/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](https://www.cdc.gov/tobacco/basic_information/e-cigarettes/Quick-Facts-on-the-Risks-of-E-cigarettes-for-Kids-Teens-and-Young-Adults.html)
  + About Electronic Cigarettes

<https://www.cdc.gov/tobacco/basic_information/e-cigarettes/about-e-cigarettes.html>

* + E-Cigarettes and Vape Pens: Units 1 – 6 <https://med.stanford.edu/tobaccopreventiontoolkit/E-Cigs.html>

**Consumer Decision Making Resources**

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

[content/uploads/CDM\_categories\_descriptions\_2021.pdf](http://texas4-h.tamu.edu/wp-content/uploads/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>

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* 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/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/healthy_lifestyles_materials_physical_activity_2020.pdf)
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