

**2016 - 2017**  
**DISTRICT 1 4-H**



**NUTRITION**  
**QUIZ**  
**BOWL**

**November 4, 2016**  
**University Church of Christ**  
**Canyon, TX**



**2016-2017  
4-H DISTRICT 1 NUTRITION QUIZ BOWL**

- When:** Friday, November 4, 2016  
Committee Arrives  
6:45 a.m. Contest Worker Orientation  
8:00 a.m. Contestant Check-In  
8:15 a.m. Contestant Orientation  
8:30 a.m. Contest Begins
- Where:** University Church of Christ  
3400 Conner Dr.  
Canyon, Texas
- Check-In:** All contestants are asked to check in at the registration table at 8:00 a.m. Participants and their coaches will then go to orientation. Each county can enter as many Junior and Intermediate teams as they wish. Counties may enter up to 3 Senior teams in this contest.  
**Contestant Orientation starts at 8:15 a.m.**  
**Contest starts at 8:30 a.m.**
- Committee:** Chair: Amy Griffin. Members – Molly Forman, Jill Killian, Chelsey Eicke, Amalia Mata, Wendy Hazzard, Lizabeth Gresham, Tanya Holloway, Billie Peden.
- Rules:** All rules will be the same as the State Nutrition Quiz Bowl  
  
This is a **Team Event**. Teams consist of 3 or 4 members.  
**Contestants cannot compete as individuals.**
- Age Requirements:** **Junior Teams** – Minimum age 8 years old as of August 31, 2016, and in 3<sup>rd</sup> grade, grades 3, 4 and 5  
**Intermediate Teams** – grades 6, 7 and 8  
**Senior Teams** - Maximum age 18 as of August 31, 2016, grades 9, 10, 11 and 12
- Entry Fees:** Entry fee will be \$10.00 per team member.
- Registration:** Teams will register using 4-H Connect. 4-H Connect opens October

1, 2016, and will close on October 21, 2016. Counties must have entries certified by October 24, 2016, at 5:00 p.m. Late registration will open October 25 and close October 28. Late registration fees will double. There will be no onsite registration. There will be no refunds.

**Substitutions:**

Substitutions should be used only as a means of keeping a team active when members have been forced to drop out for unexpected reasons (i.e., major illness, death). Substitutions for the district contest must be approved by the county Extension agent in charge of the project area. If the substitution can be made by noon prior to the contest date, the District I 4-H substitution form may be completed and submitted to the district office via fax 806-677-6544, Attention: 4-H Specialist. The form may also be signed, completed and brought to the contest site. Once the on-site contest check-in closes, no substitutions may be made. The Texas 4-H State Round Up substitution rule will apply to senior teams that advance to state.

**Awards:**

Awards will be presented to teams as their matches are completed. Participation ribbons will be given to each 4-H member participating in the District Nutrition Quiz Bowl. First, Second, and 3<sup>rd</sup> place team winners in each division (Junior, Intermediate, and Senior) will receive a medal. Texas Wheat Producers will be paying the 2016 State 4-H Roundup Registration fees for the first place Senior Nutrition Quiz Bowl team. To receive this award, the County Extension Agent for the team is responsible for submitting to Steelee Fischbacher at Texas Wheat Producers (sfischbacher@texaswheat.org) an invoice for the team's Roundup registration no later than April 25, 2016.

**Preparation:**

In preparation for the District 4-H Nutrition Quiz Bowl Contest, 4-Hers and their coaches should study the reference material listed on the "Official Resources" page.

**Contest:**

Teams will be divided into three age divisions: junior, intermediate, and senior. Spectators will not be allowed to watch rounds. No one but Quiz Bowl team members and their coach involved in the match will be allowed in the contest room. EACH TEAM IS ALLOWED **ONE** COACH IN THE ROOM. NO NOTE TAKING MATERIALS ARE ALLOWED IN THE CONTEST ROOMS. Failure to adhere to this policy will be grounds for disqualification of a team.

Double elimination brackets will be determined before the contest with teams being drawn at random. Moderators **will not** read the answers to incorrectly answered questions **this competition**. Teams and coaches will stay in the orientation room, unless competing, until eliminated from the contest.

**REMINDER:** Team members may confer for a 10 second period to determine an answer on bonus questions **only**.

**Time Out**  
**Provisions:**

A team captain may call for a time-out for a rule clarification. Coaches are allowed **one** 1-minute time-out during the match. It should be used as a way to preserve the positive youth development experience of the contest.

**Protests:**

Any team member may declare an unofficial protest to a question or to the answer to a question. This should take place immediately after the question or answer is given. The team has 10 seconds to confer and declare an official protest. The team captain buzzes in and announces the team's intent to officially protest. The team is allowed 2 minutes to find the relevant facts in the official references provided at the contest. The judges will make a final ruling on all protests. Abusing the protest provision could result in losing the ability to protest, losing a team member or dismissal of the team from that match. **Coaches may not protest.**

**Food:**

No food or drinks will be provided at the contest. Contestants have the choice of bringing their own food items or eating off campus.

**Attachments:**

Agent Assignments; Official Resources

## **2016-2017**

# **DISTRICT 1 NUTRITION QUIZ BOWL OFFICIAL RESOURCES**

### **Study Guide with Categories and Concepts included:**

The Food and Nutrition Quiz Bowl Study Guide for 2016 is posted on the Family and Consumer Sciences website (<http://fcs.tamu.edu>) under the “youth” section. This publication provides categories (Basic Nutrition, Food Preparation Skills and Storage, Nutrition and Health, Consumer Information, Food and Kitchen Safety) and key concepts to review in preparation for the nutrition quiz bowl.

### **References:**

To adequately address the identified concepts and objectives, quiz bowl teams and coaches should consult with the references listed below. Quiz bowl teams are encouraged to use all recommended references when preparing for the contest.

### **Food: A Handbook of Terminology, Purchasing, and Preparation, 11<sup>th</sup> Edition**

American Association of Family and Consumer Sciences, 2006

ISBN 978-0-8461-0005-8

Order from: [http://www.aafcs.org/resources/publications\\_catalog.html](http://www.aafcs.org/resources/publications_catalog.html)

### **Texas AgriLife Publications**

L-1875 Nutrient Needs at a Glance

B - 5031 Safe Home Food Storage

<https://agrilifebookstore.org/>

### **USDA Choose MyPlate**

<http://www.choosemyplate.gov/tipsresources/printmaterials.html>

<http://www.choosemyplate.gov/tipsresources/tentips.html>

### **Dietary Guidelines for Americans Executive Summary (DGA)**

<https://health.gov/dietaryguidelines/2015/guidelines/executive-summary/>

### **American Dietetic Association's Complete Food and Nutrition Guide, 4th Edition**

Roberta Larson Duyff, MS, RD, CFCS

2012, John Wiley & Sons, Inc.

ISBN 978-0-470-91207-2

(Available from any bookstore)