

October 7, 2008

2008 NUTRITION QUIZ BOWL CONTEST

DATE: December 6, 2008

LOCATION: LBJ Student Center, Texas State University, San Marcos

SCHEDULE: 8:45 am Orientation – Room 3-14.1
9:15 am Contest Begins

NOTE: Contestants entered in both Food Show and NQB will be worked into the Food Show Judging in between NQB Rounds

1:00 pm Food Show and NQB Awards Program in Ballroom

REGISTRATION: Registration for Nutrition Quiz Bowl will be conducted on 4-H Connect under the event titled “2008 D10 Food Show and Roundup.” **Registration will be open November 3-20, 2008.** Registration fees will be \$2.00 and contest fees will be \$3.00 per contest entered. For example, if a 4-H member enters Food Show, NQB and an Educational Presentation for Roundup, total registration fees would be \$11.00. A late registration period will be open November 21-23, 2008 with an additional \$5.00 late fee added to the total fees.

ENTRIES: Counties may enter as many teams as they wish in each age division for the District Contest. **Teams must be declared in advance by the County agent on 4-H Connect.** Teams consist of three (3) or four (4) youth who are in the same age division. An exception to the age division is that juniors may move up to compete with an intermediate team but intermediates or seniors may not move up or down to a different age division. There are no individual entries in this contest.

AGE DIVISIONS: There will be three age divisions for the District 10 Nutrition Quiz Bowl Contest. A 4-H Member’s age is based on their age as of August 31, 2008.

- Juniors – 8, 9, or 10 as of August 31, 2008
- Intermediates – 11, 12, or 13 as of August 31, 2008
- Seniors – 14-18 as of August 31, 2008

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DISTRICT CONTEST RESOURCES:

This contest helps participants increase their knowledge of basic nutrition, consumer information, food and kitchen safety, food preparation skills and storage, and nutrition and health. This contest will follow the rules and procedures listed in the Texas 4-H Quiz Bowl Study Guide, 4-H 3-2.030. The State 4-H Food & Nutrition Quiz Bowl Study Guide should be utilized for support information. These documents can be found at: http://fcs.tamu.edu/food_and_nutrition/4-h_youth.php

Official references by age group include:

Juniors

- Safe Home Food Storage (Texas Cooperative Extension publication B-5031, rev. 8/02)
- Nutrient Needs at a Glance (Texas Cooperative Extension publication L-1875, rev. 1/03)
- USDA Publication: MyPyramid mini poster <http://www.mypyramid.gov/downloads/MiniPoster.pdf>
- USDA Publication: Finding Your Way to a Healthier You
<http://www.health.gov/dietaryguidelines/dga2005/document/pdf/brochure.pdf>

Intermediates

- *All Junior References PLUS*
- AAFCS Food: A Handbook of Terminology, Purchasing and Preparation, 11th edition (*THIS WAS A NEW REFERENCE ADDED LAST YEAR! Your county may need to order if you do not have it*)

Seniors

- *All Junior and Intermediate Resources PLUS*
- ADA Complete Food and Nutrition Guide, 3rd Edition (*THIS WAS A NEW REFERENCE ADDED LAST YEAR! Your county may need to order if you do not have it*)

ADDITIONAL CONTEST RULES:

1. Counties are encouraged to have a local/county contest so that 4-H members may practice before District. Senior 4-H members must participate in District to qualify for State.
2. All teams members must be from the same county. Counties may enter as many teams as they wish in the District contest in each division. **In State contests that allow three entries, the top three (3) teams will advance, of which one, two, or three entries could possibly come from the same county within the District. Mixing of individuals from various counties to create district "all star" team(s) is not allowed.**

3. **SUBSTITUTIONS:** Only the 4-H members and the number of 4-H members who qualify at District - qualify for State. **Substitutions should be used only as a means of keeping a team active when members have been forced to drop out for unexpected reasons.** Substitutes must be 4-H members who have competed at competition at the District level in other contests and have been certified as District level participants. All substitutions for State must be approved by the respective District Leadership Team. Final judgment on necessity of substitution will be made by Roundup Administration. This substitution rule will be upheld for any team advancing to a National competition (only the number and members qualifying will be eligible to participate). Substitutions in entries involving teams (two or more members) may be made as follows:

<u>TEAM SIZE</u>	<u>MAXIMUM SUBSTITUTIONS</u>
2 or 3	1 member
4 or 5	2 members
6 or 7	3 members
8 or 9	4 members

4. **PRIOR COMPETITION:** 4-H members are **not eligible** to enter a contest in which they have previously been part of a **first place entry** at State.