

2007 District 10 Nutrition Quiz Bowl References

Listed below are the references that will be used for each age group. Please note that there are 2 updated publications that counties need to purchase!!!

Juniors

- Safe Home Food Storage (Texas Cooperative Extension publication)
- Nutrient Needs at a Glance (Texas Cooperative Extension publication)
- 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
- ADA Complete Food and Nutrition Guide, 3rd Edition **NEW EDITION – PLEASE ORDER!!!**

Seniors

- *All Junior and Intermediate Resources* PLUS
- AAFCS Food: A Handbook of Terminology, Purchasing and Preparation, 11th edition
NEW EDITION – PLEASE ORDER!!!

You can order the new resources as outlined below!

American Dietetic Association's Complete Food and Nutrition Guide, 3rd edition

(Right now the price is \$16.47 plus s/h \$3.99 = \$20.46)

ISBN 0-470-04115-3

<https://www.amazon.com>

AAFCS Food: A Handbook of Terminology, Purchasing and Preparation, 11th edition

Price is \$34.95 plus s/h

website to order: http://www.g-w.com/products/browse_subject.asp?id=1&pg=2