Texas 4-H & Youth Development
District 10 4-H Program

MEMO TO: DISTRICT 10 CEA, CEP, EFNEP

SUBJECT: 2013-2014 DISTRICT 10 4-H FOOD SHOW PACKET

WHEN: Saturday, November 16, 2013
WHERE: Kerrville Church of Christ, Kerrville, TX (maps enclosed)

SCHEDULE:

<table>
<thead>
<tr>
<th>Time</th>
<th>Nutrition Quiz Bowl</th>
<th>Food Show</th>
</tr>
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<tbody>
<tr>
<td>8:00 a.m.</td>
<td>Agents arrive and set up registration, etc.</td>
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<td>NQB Begins</td>
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<td>10:00 a.m. Food Show Judging Begins (there are no staggered judging times this year! Everyone arrives at the same time).</td>
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<td>1:30 p.m.</td>
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<td></td>
</tr>
</tbody>
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NOTE: As soon as contestants have been judged and/or have completed Nutrition Quiz Bowl, they are free to leave and go eat lunch with their parent/volunteer. Agents will be provided lunch on site.

REGISTRATION:
Registration will be conducted on 4-H Connect October 15-November 5, 2013. Registration fees will be:
- $5.00 - Food Show
- $5.00 - Nutrition Quiz Bowl
- $8.00 - Both

Counties must pay by one county check or individuals may pay using a credit card. Please make sure all payments are completed by November 5th. No refunds will be given after registration has been certified at the District Level.

RULES: We will follow the 2014 State 4-H Food Show rules except where noted in the District Rules Section of this letter. The 2014 State 4-H Food Show Packet will be available on the web at http://fcs.tamu.edu/food_and_nutrition/4-h_youth.php
DISTRICT RULES:

AGE DIVISIONS:

There will be three age divisions. Counties may send 12 participants to the District Show representing the 4 categories in each age division. Age for the food show is determined as the age as of August 31, 2013. The age divisions are:

• Junior-8 yrs old and in 3rd grade - 10 yrs old
• Intermediate-11-13 yrs old
• Senior-14-19 yrs old

Seniors: 4-H’ers who have won 1st place at the State Food Show in any category, are eligible to participate in any category at State Food Show or District Food Show.

REQUIRED PAPERWORK FOR DISTRICT FOOD SHOW:

Junior and Intermediate 4-H members only entering the Food Show will be required to complete the District 10 4-H Food Show Record Form. The paperwork will be sent in to the District Office by November 5th (only ONE COPY is required to be turned in). All paperwork must be received in the District Office by 5:00 p.m. on Tuesday, November 5, 2013 (physically in the office, not postmarked by that date).

Senior 4-H members will be required to complete the State Food Show paperwork from the State Packet. One copy of the Senior Food Show Paperwork is due in the District Office by 5:00 p.m. on Tuesday, November 5, 2013 (physically in the office, not postmarked by that date). The four (4) SENIORS that advance to State will be allowed to update their State Food Show paperwork and submit it to the District Office by April 15, 2014

WHAT TO BRING – CONTESTANTS:

The following items are what each contestant will be required to bring to the District Food Show.

• Single Serving of your recipe on a disposable OR non-disposable
• Use edible garnishes only for your dish

WHAT NOT TO BRING – CONTESTANTS:

• No decorations are allowed
• Heating tray, chafing dish, electrical appliances, or open flame of any kind

RECIPE SELECTION

Four entry categories allow for presentation of a variety of foods in the Food Show. The categories also provide an opportunity for contestants to exhibit a variety of food presentation principles.

Many recipes can be entered in more than one category. Participants should consult with the website http://www.choosemyplate.gov/ when selecting a recipe category. All four food categories may use ovens during food preparation.

Protein - All foods made from meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts, and seeds are considered part of the Protein Foods Group. Beans and peas are also part of the Vegetable Group. o EX: Dishes that contain meat or meat alternative such as eggs, dry beans, peas or peanut butter.

Fruit and Vegetable - Any fruit or 100% fruit juice counts as part of the Fruit Group. Fruits may be fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed. Any vegetable or 100% vegetable juice counts as a member of the Vegetable Group. Vegetables may be raw or cooked; fresh, frozen, canned, or dried/dehydrated; and may be whole, cut-up, or mashed. Vegetables are organized into 5 subgroups, based on their nutrient content. o EX: Dishes that accompany a main dish (salads, relish trays, cooked fruits and vegetables)

Grains - Any food made from wheat, rice, oats, cornmeal, barley or another cereal grain is a grain product. Bread, pasta, oatmeal, breakfast cereals, tortillas, and grits are examples of grain products. Grains are divided into 2 subgroups, Whole Grains and Refined Grains. Whole grains contain the entire grain kernel — the bran, germ, and endosperm. o EX: Quick, yeast, bread mixes, rice, pasta
**Dairy**: All fluid milk products and many foods made from milk are considered part of this food group. Most Dairy Group choices should be fat-free or low-fat. Foods made from milk that retain their calcium content are part of the group. Foods made from milk that have little to no calcium, such as cream cheese, cream, and butter, are not. Calcium-fortified soymilk (soy beverage) is also part of the Dairy Group. EX: Dishes selected must contain a minimum of a half serving of dairy (macaroni and cheese, drinks, custards, cheese logs, etc.)

**INGREDIENTS:**
No alcohol or alcohol-containing ingredients can be used.

**JUDGING:**
Participants will be interviewed by a team of judges to determine their knowledge of food and nutrition and to judge the food they have prepared. The judges will have the District 10 4-H Food Show Record Form when they judge as a reference.

**SENIOR CONTESTANTS**: The guidelines for Senior contestants will be the same as State Guidelines. Contestants will give a presentation to judges that is no more than 3 minutes long. Following the presentation, judges will ask interview questions. See State Guidelines for more details.

**AWARDS:**
The awards program will begin approximately at 1:30 p.m.

**AGENT PAPERWORK FOR DISTRICT FOOD SHOW:**
1. Entries - Youth must register on 4-H Connect between October 15 and November 5, 2013.
2. Agents must have all participants approved by November 5, 2013.
3. Food Show Record Form for Juniors/Intermediates and Senior State Food Show Forms are due to the District Office by November 5, 2013 (must be physically in the office, not postmarked by this date!).
4. Names and addresses of confirmed judges and helpers - complete the enclosed Judges Assignment Forms and return to the District Office by Tuesday, November 5, 2013 (fax or email).
5. County Report Form - Due at the District Office by Tuesday, November 5, 2013 (fax or email).
6. Names of senior 4-H’ers to assist with awards program - Due to District Office by Tuesday, November 5, 2013 (fax or email)
7. Be sure to work with your local schools to make sure all contestants are academically eligible to compete in the District Food Show.

Dress for the day will be professional casual with comfortable shoes. No tennis shoes or jeans, please.

Sincerely,

District Extension Director

CM:
# TABLE OF CONTENTS

1. County Report Form - Due November 5, 2013
2. 4-H Volunteer Members for Food Show Awards Program Form – Due Tuesday, November 5, 2013
3. Judge’s Assignments Form – Due Tuesday, November 5, 2013
4. Agent Assignments
5. Division Chairperson Responsibilities
6. Sample letter for 4-H Contestants
7. District 10 4-H Food Show Recipe Form
8. 4-H Food Show Scorecard
9. District 10 4-H Food Show Interview Questions
10. Maps
Agent Reports
&
Information
COUNTY REPORT FORM
COUNTY 4-H FOOD SHOW WINNERS
DUE TO DISTRICT OFFICE: November 5, 2013

County __________________; District 10; CEA reporting:

Send ONE COPY of this form to the District Extension Administrator after the County 4-H Food Show.

LOCAL OR CLUB 4-H FOOD SHOWS:
Number of local or club food shows held: __________
Total number exhibiting: __________
Number of persons observing local food shows (not participants): __________

COUNTY 4-H FOOD SHOWS:
Number of contestants in county food show:
- Junior Division __________
- Intermediate Division __________
- Senior Division __________
Number of persons observing county food shows (not participants): __________

Please return to the District Extension Administrator by Tuesday, November 5, 2013. Thank you for your cooperation in compiling this report.

____________________________________
Signature

____________________________________
County Extension Agent

Extension programs serve people of all ages regardless of socioeconomic level, race, color, sex, religion, disability or national origin. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating.
4-H Volunteer Members for the District 10 4-H Food Show Awards Program

11. Each county can only submit one name plus one alternate to represent their county on the program. Fill out form and return it to the District Office by November 5, 2013. Selections will be made and 4-H’ers will be notified by e-mail.

Circle the part you would like to help with:

- Presiding
- Motto and Pledge
- Prayer
- Welcome
- Introduction of Guests
- Food and Nutrition Program and Objectives
- Explanation of Project Development Committee
- Presentation of Awards
- Presentation of Winners
- Closing Prayer
- Closing Comments
- Ushers

Name: ________________________________________________________________

Telephone _____________________________ Age ___________________

County __Kerr_________________________ Email _____________________

Alternate Name: _________________________________________________________

Telephone ( ) ____________________________ Age __________________

County ________________________________ Email _________________________

Fax (or mail) to the District Office by November 5th FAX #: (830)393-7340.

Agent Signature: ________________________________
Judge and Category Leader Recruitment Form

This form is due to the district office by Tuesday, November 5, 2013.

<table>
<thead>
<tr>
<th>Volunteer Name</th>
<th>Select One Food Show Category Leader Food Show Judge Quiz Bowl Helper</th>
<th>Age Division Preference (Junior, Intermediate or Senior)</th>
<th>Age division they CAN NOT Judge</th>
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Agent Assignments & Position Descriptions
**AGENT ASSIGNMENTS**

Agents have been assigned responsibilities at the District 4-H Food Show. If there is a reason you cannot fulfill your assigned responsibilities, contact your District Administrator. As you complete your responsibilities, evaluate them carefully and try to determine ways we can more effectively and efficiently conduct District 4-H events. We want to offer good, positive learning experiences for youth and there may be some ways we can improve the District event experience for 4-H members, volunteers and agents. Agents may be assigned to a different role with the contest. We will notify you of your official roles after all entries and volunteers have been accepted.

<table>
<thead>
<tr>
<th>TASK</th>
<th>PERSON RESPONSIBLE</th>
</tr>
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<tbody>
<tr>
<td>Food Show Committee</td>
<td>Angela Fiedler (chair), Kathleen Greer, Charla Bading, Matt Miranda, Karla Friesenhahn, Laura Petty and Carissa Wilhelm</td>
</tr>
<tr>
<td>Nutrition Quiz Bowl</td>
<td>Shea Nebgen (chair), Martha Joyce, Molly Flores, Crystal Wiltz, Grace Guerra-Gonzalez</td>
</tr>
<tr>
<td>Registration</td>
<td>Laura Petty</td>
</tr>
</tbody>
</table>
| Orientation                       | Food Show Youth – Matt Miranda  
Food Show Adults – Charla Bading  
Nutrition Quiz Bowl – Shea Nebgen  |
| Lunch Coordinator                 | Angela Fiedler                                                                        |
| Recruit Volunteers                | All Agents                                                                           |
| Food Show Judges/Superintendents  | Nathan Tucker  
Laurinda Boyd  
Kathleen Greer  
Greg Myles  
Janie Pineda  
Karla Friesenhahn  
Sonia Coyle  |
|                                  | Cory Talley  
Lydia Domaruk  
Matt Miranda  
Bandera FCS  
Wilson FCS  |
| Quiz Bowl Moderators / Judges     | Jana Osbourn  
Molly Flores  
Sandra Kunkel  
Nelda Speller  
Joslyn Kotzur  |
|                                  | Connie Sheppard  
Martha Joyce  
Gretchen Sanders  
Marcie Owens  
John Grange  |
| Judges Gifts                      | District Office                                                                      |
| Program                           | District Office                                                                      |
| Placing/Ranking Sheets            | District Office                                                                      |
| Signs                             | District Office                                                                      |
| Metals and Ribbons                | District Office                                                                      |
| 1st Place Prizes for Food Show and Quiz Bowl | District Office                                                                      |
| Awards Ceremony Coordination      | Carissa Wilhelm                                                                     |
| Clean up                          | Everyone                                                                            |
CATEGORY CHAIRMAN RESPONSIBILITIES

1. Check to be sure the participants are in the right location. You will have a food group in one age category (example: Junior - Dairy).

2. Remind them to relax and leave their dishes packed as long as possible.

3. Judging should be done in order listed on tally sheet unless a member requests a specific change for a valid reason. Nutrition Quiz Bowl participants will be noted with an *. Nutrition Quiz Bowl contestants will be worked into judging as they can.

4. Introduce yourself to the judges and answer any questions.

5. Assist the contestants to the judges. They may only take their food entry: (a serving size of their recipe), (no utensils, candles, placemats, etc.)

6. Make sure the judges have plates, forks and napkins. Water should also be made available. We will have these supplies available.

7. See that contestants have equal time with the judges (about 8 minutes for Seniors and 5 minutes for Intermediates and Juniors). Use the timer and keep the judges on schedule. Remember that Seniors give a 3 minute presentation first then answer questions from the judges.

8. When a contestant has been judged, they may take dish, ice chest, etc. to car.

9. Do not taste contestants’ food or allow contestants or judges to taste food.

10. Clean up the area, especially the judges’ table. Make sure all trash with all food items is put in trash bags.

11. Contestants may leave the judging area after being judged but should return in time for awards presentation.

12. Turn in all the paperwork and ranking/placing sheets for all contestants as you finish a category.

13. Assist your division during the awards program. Make sure all contestants are seated in designated area. You are responsible for announcing the results for your category. A copy of the results will be provided to you prior to the awards program.

14. After the awards program, be sure no one has forgotten or left articles in your area.

15. It’s best not to comment to others about any contestant. You can easily be misunderstood.

16. Plan to stay until after Awards have been presented and clean-up is completed.
Materials for Contestants
MEMO TO: Food Show Contestants and Parents

SUBJECT: District 10 4-H Food Show

DATE: Saturday, November 16, 2013

PLACE: Kerrville Church of Christ, 1900 Loop 534, Kerrville

SCHEDULE:

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NOTE: As soon as contestants have been judged and/or have completed Nutrition Quiz Bowl, they are free to leave and go eat lunch with their parent/volunteer. Agents will be provided lunch on site.

Congratulations on being eligible to participate in the District Show. This letter will provide details that will help you to be prepared for the Food Show!

When you arrive, please check in at the registration desk and then proceed to the location where your orientation will be as outlined in the schedule above. Special arrangements can be made if a contestant has a conflict and notifies their County Extension Agent ahead of time.

Educational programs of the Texas AgriLife Extension Service are open to all people without regard to race, color, sex, disability, religion, age, or national origin. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating.
REGISTRATION:
Registration will be conducted on 4-H Connect [http://texas4-h.tamu.edu](http://texas4-h.tamu.edu) October 15-November 5, 2013. Registration fees will be:
- $5.00 - Food Show
- $5.00 - Nutrition Quiz Bowl
- $8.00 - Both

**Food Show Record Form** for Juniors/Intermediates and **Senior State Food Show Forms** are due to your County Extension Office by _____________________________ (must be physically in the office, not postmarked by this date!).

RULES: We will follow the 2014 State 4-H Food Show rules except where noted in the District Rules Section of this letter. **SENIOR FORMS** can be found in the 2014 State 4-H Food Show Packet available on the web at [http://fcs.tamu.edu/food_and_nutrition/4-h_youth.php](http://fcs.tamu.edu/food_and_nutrition/4-h_youth.php)

WHAT TO BRING - CONTESTANTS:
The following items are what each contestant will be required to bring to the District Food Show.
- Single Serving of your recipe on a disposable OR non disposable dish
- Use edible garnishes only for your dish

We look forward to seeing you on November 16th. Good Luck!

Sincerely,

County Extension Agent
2013 DISTRICT 10 4-H FOOD SHOW RECORD FORM
FOR JUNIORS & INTERMEDIATES

Age Division: (Circle One):

Food Show Category (Check One): __Protein  __Fruits & Vegetables
    __Grains  __Dairy

Name:______________________________  Age (as of Aug. 31, 2013): ________
Address:____________________________  District:_________________________
City, Town, Zip________________________  Years in 4-H: _________________
County:_____________________________  Years in project:__________________
Birth Date:_________________________

(Attach an additional sheet if necessary to complete your recipe)
******************************************************************************

RECIPE
Please Summarize your Food and Nutrition Project Experiences
(250 words or less in no less than 11 point font)

I certify that the above information is true and correct and completed during the current project year.

Contestant Signature: ________________________ Date:___________

I certify that the 4-H member named above has provided accurate and correct information.

Agent Signature: _____________________________ Date:___________
# District 10 4-H Food Show Scorecard

## County

<table>
<thead>
<tr>
<th>Rating</th>
<th>Comments</th>
<th>Points</th>
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</thead>
<tbody>
<tr>
<td>Outstanding</td>
<td></td>
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<tr>
<td>Good</td>
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<tr>
<td>Fair</td>
<td></td>
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<tr>
<td>Improvement</td>
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</table>

### I. THE INTERVIEW

- **Knowledge of MyPlate:** Food group of individual ingredients, serving amount needed from each group daily, food group that dish falls into, number of servings provided by an individual serving of the dish, knowledge of personal healthy lifestyle choices based on dietary guidelines

- **Nutrient Knowledge:** Knows what this dish contributes to the diet

- **Food Preparation:** Knows the key steps in preparation of dish and function of ingredients

- **Food Presentation/Quality:** Appearance of food (texture, uniformity) Garnishing

- **Food Safety Concerns and Practices:** Knows food safety concerns in preparation and storage of dish

- **4-H Food and Nutrition Project Activities:** Community service, leadership, workshops

- **Effectiveness of Communication:** Voice, Poise, Personal/Appearance

### II. PAPERWORK

- **Complete Recipe**

- **Summary of Experiences**

### ADDITIONAL COMMENTS

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Revised 7/2012
2013-14 District 10 4-H Food Show Questions

Suggested Questions

1. What are the food groups included in My Plate? What portion does each group take up?

2. What are the key nutrients you would get from your recipe? Why do you need these nutrients?

3. What are the preparation steps in your recipe and why are they important?

4. What did you learn about food safety in your foods & nutrition project?

5. Tell me about one of the ingredients in your dish and why it is important in your recipe? (Function of ingredients)

6. What have you learned in your foods project about healthy eating?

7. Give one example of a food from each My Plate section.

8. Other than My Plate, what should you consider when planning a meal?

9. What did you learned in your foods and nutrition project that you thought was most important in Community Services, Leadership and Workshops?

10. Could you substitute anything in your recipe to make it healthier or modify the taste?

11. What is the cost of your dish?

12. Give one example of a budgeting strategy that has helped your family stretch food dollars at the grocery store?
MEMORANDUM TO: DISTRICT 10 FCS AGENTS, 4-H AGENTS, AND CERTAIN AG/NR AGENTS

SUBJECT: 2013-14 NUTRITION QUIZ BOWL CONTEST

DATE: Saturday November 16, 2013

LOCATION: Kerrville Church of Christ, Kerrville

COMMITTEE: Shea Nebgen, Chairman    Molly Flores    Crystal Wiltz
           Martha Joyce    Grace Guerra-Gonzalez

SCHEDULE:

Nutrition Quiz Bowl
8:00 a.m. Agents arrive and set up registration, etc.
8:30 a.m. Registration Opens
9:00 a.m. Orientation for Contestants
9:15 a.m. NQB Begins

Food Show
8:00 a.m. Agents arrive and set up registration, etc.
9:00 a.m. Judges and Category Chairman Orientation - (Room TBA)
9:30 a.m. Registrations and Prep area is open to contestants and parents
9:30 a.m. Orientation for Contestants
10:00 a.m. Food Show Judging Begins (there are no staggered judging times this year! Everyone arrives at the same time).
1:30 p.m. Presentation of awards (approximate time)

NOTE: As soon as contestants have been judged and/or have completed Nutrition Quiz Bowl, they are free to leave and go eat lunch with their parent/volunteer. Agents will be provided lunch on site.

REGISTRATION:
Registration will be conducted on 4-H Connect October 15-November 5, 2013. Registration fees will be:

- $5.00 - Food Show
- $5.00 - Nutrition Quiz Bowl
- $8.00 - Both
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, 2013.

- Juniors – 8, 9, or 10 as of August 31, 2013
- Intermediates – 11, 12, or 13 as of August 31, 2013
- Seniors – 14-18 as of August 31, 2013

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 will be released by the beginning of September and will be posted at this website. If there are significant changes from the State FDRM unit related to NQB, we will update this letter and re-send to the counties after we receive the information.  [http://fcs.tamu.edu/food_and_nutrition](http://fcs.tamu.edu/food_and_nutrition) - click under 2014 State 4-H Food & Nutrition Quiz Bowl Study Guide (PDF)

*Official references by age group include:*

**Juniors**

➔ Safe Home Food Storage (Texas AgriLife Extension publication B-5031, rev. 8/02)
➔ Nutrient Needs at a Glance (Texas AgriLife Extension publication E-589, rev. 7/11)
➔ USDA My Plate
[http://www.choosemyplate.gov/healthy-eating-tips/ten-tips.html](http://www.choosemyplate.gov/healthy-eating-tips/ten-tips.html)

Focus on these tip sheets:

- Choose MyPlate
- Got Dairy Today?
- Add more Vegetables to Your Day
- With Protein Foods, Variety is Key
- Focus on Fruits
- Healthy Eating for Vegetarians
- Make Half Your Grains Whole
- Salt and Sodium
- Be Food Safe


➔ Dietary Guidelines for Americans Executive Summary (DGA):

Intermediates
➔ All Junior References PLUS
➔ AAFCS Food: A Handbook of Terminology, Purchasing and Preparation, 11th edition

Seniors
➔ All Junior and Intermediate Resources PLUS

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. PRIOR COMPETITION: 4-H members are eligible to enter a contest in which they have previously been part of a first place entry at State.

AGENT ASSIGNMENTS:
The following agents will be assisting with the contest as time keepers or score keepers. More information may be sent to you prior to the District Contest by Shea Nebgen, Contest Superintendent.

COMMITTEE:
Shea Nebgen, Chairman
Molly Flores
Crystal Wiltz
Martha Joyce
Grace Guerra-Gonzalez

ADDITIONAL HELPERS:
Jana Osbourn
Sandra Kunkel
Gretchen Sanders
Connie Sheppard
Joslyn Kotzur
Nelda Speller
John Grange
Marcie Owen

Agents may be assigned to different roles with the contest. We will notify you of your official roles after all entries and volunteers have been accepted. We have also added a space on the Food Show Judge’s Form a place for counties to add volunteers who could assist as a timekeeper or scorekeeper for NQB. Hopefully counties will be able to submit some names to assist. If you have further questions about Nutrition Quiz Bowl, please contact the District Office or Shea Nebgen, Contest Superintendent.

Sincerely,

District Extension Administrator

c:
Lupe Landeros
Dolores Sandmann
Kerrville Church of Christ
1900 Loop 534
Kerrville, TX 78028
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