MEMORANDUM TO:    DISTRICT 10 AGENTS

SUBJECT:       2014-2015 NUTRITION QUIZ BOWL CONTEST

DATE:          Tuesday, February 10, 2015

LOCATION:      Kerrville Church of Christ, Kerrville

COMMITTEE:     Shea Nebgen, Chairman          Michelle Alewine          Martha Joyce
               Laura Petty                 Connie Sheppard

SCHEDULE:

8:30 a.m.    Agents arrive and set up registration, etc.
9:00 a.m.    Registration Opens
9:30 a.m.    Orientation for Contestants
9:45 a.m.    NQB Begins

Presentation of awards immediately following the completion of the contest

REGISTRATION:
Registration will be conducted on 4-H Connect:

- Regular Registration: January 6-20, 2015
- Late Registration: January 21-27, 2015

Registration fees will be:

- Regular Registration: $40.00 Per Team
- Late Registration: $65.00 Per Team (Includes $25 Late Fee)

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.
Please note this year’s registration process will be different. 4-H youth **WILL NOT** be able to register for this event.

An agent, a member of the office staff, or a volunteer coach will need an active profile in 4-H Connect to complete registration.

They will need to log into their profile. Select register for an event. Choose “2014-2015 District 10 Nutrition Quiz Bowl.” Then they will select the teams they are entering and fill in the team member’s names (these names must be included or registration will be kicked back).

If you have any trouble with the registration process, please call Megan.

**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, 2014.

- **Juniors** – 8, 9, or 10 as of August 31, 2014
- **Intermediates** – 11, 12, or 13 as of August 31, 2014
- **Seniors** – 14-18 as of August 31, 2014

**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/youth/index.php#food](http://fcs.tamu.edu/youth/index.php#food) - click under 2015 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)

- **Focus** on these tip sheets:
  - Choose MyPlate
  - Add more Vegetables to Your Day
  - Focus on Fruits
  - Make Half Your Grains Whole
  - Be Food Safe
  - Got Dairy Today?
  - With Protein Foods, Variety is Key
  - Healthy Eating for Vegetarians
  - Salt and Sodium
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. However, if a team that placed first at State participated in the National Contest they are INELIGIBLE to compete again 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
- Michelle Alewine
- Martha Joyce
- Laura Petty
- Connie Sheppard

ADDITIONAL HELPERS:

- Stacy Teston
- Gretchen Sanders
- Janie Pineda
- Jana Osbourn
- Jessica Stapper
- Molly Flores
- Marcie Owen
- Carissa Wilhelm
- Charla Bading
- Angela Fiedler
- Sonia Coyle
- Joslyn Kotzur
- Jason Mangold
- Micah Walker
- Matt Miranda
- Sandy Kunkel
- Cory Talley

Agents may be assigned to different roles with the contest. We will notify you of your official roles after all entries have been accepted. If you have further questions about Nutrition Quiz Bowl, please contact the District Office or Shea Nebgen, Contest Superintendent.