MEMORANDUM TO: DISTRICT 10 AGENTS

SUBJECT: 2015-2016 NUTRITION QUIZ BOWL CONTEST

DATE: Tuesday, February 9, 2016

LOCATION: Kerrville Church of Christ, Kerrville

COMMITTEE: Shea Nebgen, Chairman  Nathan Tucker  Carissa Wilhelm

SCHEDULE:
8:30 a.m.  Agents arrive and set up registration, contest rooms, 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 5-19, 2016
- Late Registration: January 20-22, 2016

Registration fees will be:

- Regular Registration: $10.00 Per Team Member
- Late Registration: $35.00 Per Team Member (Includes $25 Late Fee)

This year, the process will return to each individual member registering on 4-H Connect, themselves and agents will list their teammates in a manager field before sending on to the District Level.

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. 4-H’ers age will be
determined based on their grade as of August 31, 2015.

- Juniors – 3rd Grade (and 8 years old) – 5th Grade
- Intermediates – 6th – 8th Grade
- Seniors – 9th- 12th Grade (has not surpassed their 18th birthday as of August 31, 2015)

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/4-h-youth-food-and-
nutrition/ - click under 2016 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

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. 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 Nathan Tucker Carissa Wilhelm

ADDITIONAL HELPERS:
Stacy Drury Hillary Long Bexar FCS
Natalie Cervantes Bexar EFNEP Gretchen Sanders
Connie Sheppard Krystal Batten Comal 4-H
Janie Pineda Matt Miranda Charla Bading
Laura Petty Jana Osbourn Angela Fiedler
Koy Coffer Sandy Kunkel Jessica Stapper
Cory Hundl Sonia Coyle Charlotte Wehrman
Travis EFNEP Molly Flores Kailey Hunt
Wilson FCS Gillespie 4-H Crystal Wiltz
Grace Guerra-Gonzalez

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.
Kerrville Church of Christ
1900 Loop 534
Kerrville, TX 78028
(830) 257-1900
office@kerrvillechurch.com