



This contest helps participants increase their knowledge of basic nutrition, consumer information, food and kitchen safety, food preparation skills and storage, and health.

Entry

- Enter as a team of four members.
- Teams are made up of individuals in the same age division (Junior, Intermediate or Senior).
- A minimum of two teams must be registered for this contest in order for the event to be conducted. If the contest is canceled due to no opposing team, a gift card in the amount of \$15 will be issued each team member who registered.



County Entries

- Each county may submit three teams per age division.
- A total of 9 team entries per county may be submitted for the district contest.

Contest Brackets

- Teams will be randomly selected in contest brackets, based upon age division.
- Each contest is a double elimination tournament where a total of two losses are needed to eliminate a team from further competition.

Question Types

- The number of questions used per round will include at least eight (8) one-on-one questions, sixteen (16) toss-up questions, and two (2) to four (4) bonus questions.
 - **One-on-One** questions are those to which only one member of each team may respond in a head-to-head match between the acknowledged members of each team. These points will count toward individual and team scores.
 - **Toss-up** questions are open to response by all contestants. These points will count toward individual and team scores.
 - **Bonus** questions are attached to toss-up questions and are given to the team that correctly answered the toss-up question. These points count toward a team score only and do NOT count towards individual points. No more than 25% of toss-up questions will have a bonus question attached and in general will be somewhat more difficult.

Contest Room

- ONLY THE TEAM and ONE coach is allowed in the contest room. All others must remain in the designated waiting areas or outside the building.
- Team coach will be seated in a designated area and may not communicate with team members during the match with the exception of their one time out.
- Team coach will be permitted one 1-minute time out during their match to provide encouragement to contestants.
- Teams must check-in and check-out of the contest room.

Scoring

- The overall team score shall be determined by totaling the top scores of the members. Only positive scores will qualify for placings 1st – 3rd.
- An individual high point award will be presented in each age division.

Study Guide and Resources

- All questions used in the quiz bowl contest will come from official sources. See the study guide and list of resources used on the web at https://texas4-h.tamu.edu/wp-content/uploads/food_fch_quiz_bowl_study_guide_2021_2022.pdf
- The Texas 4-H Quiz Bowl contestant paperwork is available online at <https://texas4-h.tamu.edu/projects/food-nutrition/>