

# FAMILY COMMUNITY HEALTH QUIZ BOWL



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 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 is allowed in the contest room. All others must remain in the designated waiting areas or outside the building.
- 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 1<sup>st</sup> – 3<sup>rd</sup>.
- An individual high point award will be presented in each age division.

**New!**

### **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/quiz\\_bowl\\_fch\\_resources\\_2025.pdf](https://texas4-h.tamu.edu/wp-content/uploads/quiz_bowl_fch_resources_2025.pdf)
- The Texas 4-H Quiz Bowl contestant paperwork is available online at <https://texas4-h.tamu.edu/projects/food-nutrition/>