

Disclaimer: Objectives listed are meant to help 4-Hers study for the state 4-H Food and Nutrition Quiz Bowl. **This is NOT to be viewed as the list of questions that will be asked.** Questions will be based on the concepts and objectives outlined in the guide.

References: To address the identified objectives, teams and coaches should consult with the references below. For each objective, at least one appropriate reference is given.

The names of the references are abbreviated as follows:

1. **ADA** American Dietetic Association's Complete Food and Nutrition Guide, **4th edition**
Roberta Larson Duyff, MS, RD, CFCs
2012, John Wiley & Sons, Inc. ISBN 978-0-470-91207-2

Note: Please use the 2015-2020 Dietary Guidelines for Americans. The ADA Guide refers to the 2010 Dietary Guidelines and should only be used for standard nutrition information, not used as a reference for Dietary Guidelines.

2. **FOOD** = AAFCS Food: A Handbook of Terminology, Purchasing, and Preparation, 11th or 12th edition. American Association of Family and Consumer Sciences;
2006, ISBN 0-8461-0005-3. **This reference can be ordered from AAFCS at**
<http://www.aafcs.org/Resources/Store.asp#Reference>

3. **Texas A&M AgriLife Extension Service Publications**
Nutrient Needs at a Glance L-1875 and Safe Home Food Storage B-5031
<https://agrilifebookstore.org/>

4. **USDA MyPlate (USDA)**
<http://www.choosemyplate.gov/ten-tips>
Focus on these tip sheets:

MyPlate, MyWins	Got Your Dairy Today?
Add more Vegetables to Your Day	Vary Your Protein Routine
Focus on Fruits	Healthy Eating for Vegetarians
Make Half Your Grains Whole	Be Food Safe

<http://www.cnpp.usda.gov/Publications/MyPlate/GettingStartedWithMyPlate.pdf>

5. **2015- 2020 Dietary Guidelines for Americans Executive Summary (DGA)**
[http://health.gov/dietaryguidelines/2015/resources/2015-2020 Dietary Guidelines.pdf](http://health.gov/dietaryguidelines/2015/resources/2015-2020_Dietary_Guidelines.pdf)
6. **New Nutrition Facts Label - Key Changes - (FDA)**
<http://www.fda.gov/downloads/Food/IngredientsPackagingLabeling/LabelingNutrition/UCM511646.pdf>

After each objective the preferred reference is listed. **For official Quiz Bowl contest rules, consult the Texas 4-H Quiz Bowl Guide (4H 3-2.030)**