
Quiz Bowl Essentials

A quiz bowl helps 4-H members enhance and demonstrate their knowledge and skills in a competitive setting. A quiz bowl can be used any time of the year. However, be aware of district contest dates and deadlines so you can determine a timeline for the quiz bowl participants in your county. Some districts host the quiz bowl in conjunction with the food show; others host it at district roundup.

A quiz bowl is not meant to be a memorization process, in which members study and learn the answers to certain questions. Instead, it is a fun way to encourage members to learn foods and nutrition project information.

Basics

The quiz bowl contest involves teams of three or four members. Two teams compete against each other at one time, answering questions related to the subject matter.

Questions are asked from the materials in the current official reference list for the contest. There are three types of questions: Individual, toss-up, and bonus. Toss-up and individual questions are worth 1 point each. All bonus questions are worth 2 points each.

Use an appropriate device to indicate clearly which contestant is the first to respond to a question. Texas 4-H Quiz Bowl contests require four responder boxes for each team (a total of eight for a contest) and a 10-second timer.

Although a quiz bowl can be held without it, electronic equipment does add more excitement and accuracy to the event. Most district offices have the electronic equipment that counties can check out for practice and county competitions.

Conducting the contest

A quiz bowl contest requires much planning. A quiz bowl planning guide is available.

Space and equipment needed

- 1 room for each bowl division. If you have only a few teams, you may be able to hold games for both age divisions in the same room.
- Tables and chairs
- Table and chairs for registration
- Buzzers with backup
- Flip chart, chalkboard, overhead projector, or smart board
- Score sheets/tabulation charts
- Question lists: one per round and tie breakers (ask your district 4-H specialist)
- Contest bracket
- Pens/pencils for the tabulator
- Awards
- Copy of the official references for the nutrition quiz bowl

Volunteers needed

Coaches of quiz bowl teams should not serve in these volunteer roles.

- **Moderator:** Directs each match, asks all questions, and accepts or rejects any answers
- **Official scorekeeper:** Records all points scored, keeps an official record of team playoffs; announces a running tally after each question
- **Referee/judge:** Holds the original reference material and provides references for protested questions
- **Scoreboard attendant:** Posts team scores on a blackboard, flip chart, or other visual device
- **Timekeeper:** Monitors all intervals and indicates when the time to respond to a question is up

Conducting a quiz bowl as a learning experience

- Select 20 to 30 questions related to the project lesson.
- Divide the group into two teams of three to four members each.

- Read the rules of play aloud (refer to the *Texas 4-H Quiz Bowl Guide*).
- Begin by asking each team member one question. Continue asking each team member a question until every participant has had a turn. Questions answered correctly earn the team one point each.
- Ask the remaining questions as tossup questions; any 4-H member may respond and answer them. The participants may respond by using an electronic device, ringing a bell, or raising a hand.
- The first 4-H member to respond must answer the question within 10 seconds. If the question is answered correctly, that team is awarded one point. If the answer is incorrect, that team loses one point.
- At the end of the round (all questions have been asked), the team with the most points wins.
- Ask the 4-H members and their parents if they want to enhance the learning experience by developing a quiz bowl team for competition.

Team selection

Project leaders working with 4-H Nutrition Quiz Bowl teams should develop a systematic way to track each 4-H member's progress. Establish written guidelines for selecting teams at the beginning of the project work and practice sessions. Work with the FCS Food and Nutrition Project task force to develop a set of written team-selection guidelines.

If enough people are interested, a county-level qualification event may be held to determine the 4-H members to represent the county in the district quiz bowl. You could conduct a county-level qualification event for:

- Club teams
- Mixed club teams
- Individuals who score the highest at a county-level qualification event, with the top four scores in each age division forming the county teams
- Individuals who score highest on written quizzes to make up the county teams in each age division

Resources

- *ADA Complete Food and Nutrition Guide*, 3rd ed. by Roberta Duyft
- AgriLife Extension publications
 - ✧ *Food and Nutrition Quiz Bowl Supplement*
 - ✧ *Nutrient Needs at a Glance*
 - ✧ *Safe Home Food Storage*
 - ✧ *State 4-H Food and Nutrition Quiz Bowl Study Guide* (updated annually): fcs.tamu.edu
 - ✧ *Texas 4-H Quiz Bowl Guide*
- *Food: A Handbook of Terminology, Purchasing and Preparation*, 11th ed. by A AFCS 2006 (can be ordered at www.aafcs.org)
- MyPlate
- *Tournament Builder* (available at the district office)
- *U.S. Dietary Guidelines for Americans, Executive Summary*

Specialists

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