News Release

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Texas A&M Agrilife Extension Service

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**Haskell County 4-H’ers Participate in the District Nutrition Quiz Bowl and Food Show**

(Vernon) – Haskell County 4-H members participated in the Rolling Plains District 3 4-H Nutrition Quiz Bowl. It was held Monday, October 29th at the Calvary Baptist Church in Vernon, Texas. The Haskell County Junior 4-H Nutrition Quiz Bowl team received 1st place in the district contest.

A “Quiz Bowl” is a quiz game that tests teams of four on their knowledge of food and nutrition. Up against the clock, the 4-H’ers buzz in to answer a question and earn points for correct answers. Teams advance in a tournament-system bracket to win the competition. The team consisted of Lyric Pittman, Layla Solano, Colton Hopkins and Kennedy Buchanan.

Haskell County 4-Hers participated in the Rolling Plains District 3 4-H Food Show. It was held Saturday, November 3rd at the Wilbarger Auditorium in Vernon, Texas.

In the Food & Nutrition Project, 4-H’ers learn the importance of including foods from each of the basic food groups of My Plate in the daily diet. They learn the principles of nutrition as they relate to health, physical fitness, and appearance as well as acquiring and demonstrating skills in planning, purchasing, preparing, and serving tasty, attractive, and nutritious meals and snacks. Four-H is the youth development and leadership program of the Texas A&M AgriLife Extension Service.

 Approximately 150 4-H’ers from 24 counties in the Rolling Plains District competed in the Food Show. Competing in the Junior Fruit and Vegetables Division from Haskell County was Lyric Pittman with Broccoli Salad with Grapes. Participating in the District 4-H Food Show News Writing category and receiving certificates were: Shalee Dunnam, Spencer Martin, Nathan Martin and Colton Hopkins. Also participating in the District 4-H Food Show Display/Exhibit category and receiving certificates were: Nathan Martin, Spencer Martin and Colton Hopkins. Entrants compete in Senior, Intermediate, and Junior Divisions. Each division has four food classes: Nutritious Snacks, Main Dish, Fruit & Vegetables and Bread & Cereals. Senior Division winners in each food category of the District 4-H Food Show will advance to the State 4-H Food Show next June in College Station.

For more information on family and consumer science related topics go to [www.haskell.agrilife.org](http://www.haskell.agrilife.org) or like us on Facebook at: Haskell County 4-H and Texas A&M AgriLife Extension Service. Also, contact Darlene Hopkins- the Haskell County Extension Agent for Family and Community Health at 101 S. Ave D, Haskell, Texas- phone # 940-864-2658.

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