
Food Bowl



State 4-H O-Rama

Senior 4-H'ers



The Arkansas 4-H Food Bowl is a fun way of learning about **nutrition** and **food safety**.

Preparing for and competing in a 4-H Food Bowl allows Arkansas 4-H'ers to increase their knowledge of dietary requirements, safe food handling, and the prevention of foodborne illnesses.

OBJECTIVES

Targeted Life Skills: teamwork, contributions to group effort, critical thinking, and self-motivation.

4-H'ers will:

- Learn about foods, nutrition, and food safety
- Be rewarded for knowledge gained
- Cultivate, through competition, a favorable attitude toward winning and losing
- Be provided opportunities for personal expansion, development, and friendship

Faculty will have an opportunity to share information about related college degree programs and career options in food science and human environmental science, including the areas of food science, culinary science, dietetics, human nutrition, and hospitality.

PURPOSE

The purpose of the Arkansas 4-H Food Bowl is to increase knowledge of the principles of safe food handling practices, dietary requirements for different age groups, the relationship of nutrition to good health, and principles of food science. The Food Bowl will allow participants to demonstrate their knowledge in a competitive situation.

TEAMS

At the Arkansas 4-H O-Rama, the Food Bowl will match teams of Senior 4-H'ers competing against each other.

What defines a team?

- A team will consist of **three members** with an optional fourth member as an alternate.
 - Alternates may be substituted at the end of a round.
 - If for any reason a county cannot fill a three-member team, either during initial match pairings or in subsequent run-off matches, that team will be disqualified.
- There will be only one team representing a county for this state only 4-H activity. The team members may come from one 4-H club in a county or from throughout the county.

REGISTRATION

Use the Arkansas 4-H O-Rama 4-H Online registration system to enter your county's team into the Arkansas 4-H O-Rama Food Bowl. Follow the same guidelines for this activity as for registering other competitors for the Arkansas 4-H O-Rama.

COMPETITION GUIDELINES

- Teams will compete in a series of one-on-one elimination rounds until one team remains.
- Teams are matched in a random manner by team captains choosing numbers.
 - When there is an uneven number of teams, the odd (or unmatched) team will be awarded a bye and will compete against the first round losing team with the highest score.
- After the first round of matches, the winners will compete in a series of run-off matches until the first-place team is chosen.
 - During the run-off matches, a team with the highest cumulative score may be awarded a bye if there are uneven numbers of teams.

ROOM ARRANGEMENTS

- Team members will be seated at a table with their backs to the audience. Alternates and coaches must be seated in the audience.
- Teams competing in subsequent preliminary matches or runoff matches will be placed in a separate room.
- No talking or turning of pages will be allowed during the matches in order to avoid distracting the participants.
- Anyone causing any disturbances will be asked to leave and not be allowed back in the room.
- **Audience members will be asked to leave if they are caught writing down questions, recording the competition, or taking photos during the competition and teams may be disqualified.**
- Once a match begins, participants MAY NOT refer to any resource materials. Participants are NOT allowed to talk to each other during a match.

QUESTION ROUNDS

Competition between each pair of teams will involve **four rounds** of questions.

Rounds 1, 2 and 3 are rounds of individual questioning (5 points per question):

- One question will be asked directly to each team member in each of these rounds.
- Questions will be alternated between teams and asked in rotation among team members, starting with the captain.
- **Round 1** will be **true/false** questions.
- **Round 2** will be **multiple-choice** questions
- **Round 3** will be **short-answer** questions.
- Five (5) points will be given for each correct answer.
- No points will be deducted for incorrect answers.
- If the team member does not respond within 10 seconds after the question is read, the question will be *closed* by calling of "time" by the timekeeper.
- The opposing team will **not** be allowed to answer the question once it is closed, even if it is missed or not answered by the first team.

Round 4 (“buzzer” round) involves team competition (10 points per question):

- The first team member to “buzz in” will be allowed to answer.
- A total of **10 questions** will be asked.
- These questions are **short answers** and are of a higher degree of difficulty than those asked in Rounds 1-3.
- Each question is worth 10 points.
- Unlike the previous rounds, these questions can be interrupted, meaning team players can “buzz in” before the question is read completely. However, if an **incorrect answer** is given, the **10 points will be deducted** from that team’s score.
- **The team captain of the opposing team will be allowed to answer after the question is reread in its entirety.** No points will be deducted from the opposing team’s score if the question is answered incorrectly. The opposing team is not required to answer the question. (See subsequent section “Question Interruption” for more details.)
- If the participant does not respond within 10 seconds after the buzzer sounds, the question will be *closed* by the calling of “time” by the timekeeper.

ANSWERING QUESTIONS

The following guidelines will be followed in the 4-H Food Bowl match for answering questions:

- Any response from the audience or coaches that may hinder or help the contestants in answering any question will result in disqualifying the question.

A question may be read only once. If the moderator misreads a question, it will be reread.

An answer is **correct** when:

- It contains the basic information required to answer the question.
- The first answer given completely states the information required.
- The answering of an interrupted question will be considered correct if the judge determines that the question is answered correctly.

An answer is **incorrect** when:

- A participant fails to answer the question in the 10-second time limit.
- Inaccurate information is given as the answer.
- The participant does not speak loudly or clearly enough for the judge to hear the answer.
- The judge determines that the answering of an interrupted question does not accurately answer the official question.

CONTESTING A QUESTION

A team captain may initiate a contest by **raising a hand** and being recognized by the judge.

The following procedures are to be followed with contesting:

- Contest before the next question begins.
- If a participant answers correctly but is judged wrong, that **team’s captain** may contest. If the contest is ruled valid by the judge, the point value of the question will be added to the team’s total.
- If a participant answers wrongly but is judged correct, the **team’s captain** from the competition may contest. If the contest is ruled valid by the judge, the point value of the question will be subtracted from the team’s total.

POINT OF ORDER

A point of order is not a contest. It is only to be used to prevent an improper procedure. A point of order precedes a possible violation. For such cases, either **team captain** should bring the possible violation to the attention of the judge by first **raising a hand** to get the judge's attention. Possible points of order may include:

- Electronic equipment needs to be reset.
- Substitution of an alternate during a match.
- Scorekeeper tallies points (for the wrong team).

QUESTION INTERRUPTION

There is no need to interrupt a question during Rounds 1, 2 or 3. During Round 4 ("buzzer" round), question interruption may be a strategy a team uses to answer first. In this case, the following guidelines will be used for interrupted questions:

- The participant interrupting who is identified by the buzzer light will be given an opportunity to answer the interrupted question.
- If the judge considers the answer correct, full point value will be given to that team.
- If the interrupted question is answered incorrectly, the point value of the question will be deducted from the team total of that participant.
- If the interrupted question is answered incorrectly, the question will be reread in its entirety, and the opposing team will be given an opportunity to answer it within the 10-second time limit. The opposing team is not required to answer the question, and no points will be deducted if the team answers the question incorrectly.

GAME TIE

In the case of a tie at the completion of the four rounds of questions, an additional question will be asked. The **tie-breaking question will have a value of 20 points**. The team answering first and correctly will be deemed the winner.

AWARDS

Winning team members will each receive a ribbon or certificate designating first place. The winning team will also be asked to pose for a picture with their ribbons or certificates. Other teams will receive ribbons or certificates designating their finishing place or participation in this event.

RESOURCE MATERIALS

Questions for the Arkansas 4-H Food Bowl will be taken from the following reference list: Please note the following has changed: **Meat Temperatures, Choose MyPlate.gov and Dietary Guidelines.**

1. *Dietary Guidelines for Americans 2015-2020*, eighth edition, <http://health.gov/dietaryguidelines/2015/guidelines/>
2. The USDA MyPlate: <http://www.choosemyplate.gov>
3. Safe Food Handling: What you need to know <https://www.fda.gov/Food/ResourcesForYou/Consumers/ucm255180.htm>
4. A Quick Consumer Guide to Safe Food Handling <https://extension.tennessee.edu/publications/Documents/PB1420.pdf>
5. What Consumers Need to Know About Food and Water Safety During Hurricanes, Power Outages, and Flood <http://www.fda.gov/food/resourcesforyou/consumers/ucm076881.htm>
6. Food Safety.gov <http://foodsafety.gov/keep/charts/hamstoragechart.html>
7. All of the following food safety publications, which can be found at the following USDA website: <http://www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/food-safety-fact-sheets> (either on this page or via the Search link):

Preparing for a Weather Emergency
Foodborne Illness and Disease: Salmonella Questions & Answers Food
Safety for Older Adults
Egg Products Preparation
Keeping Food Safe During an Emergency
7 Food Safety Steps for Successful Community Meals
Be Smart. Keep Foods Apart. Don't Cross-Contaminate
Foodborne Illness: What Consumers Need to Know
Frozen, Fully-Cooked Products and Botulism
Basics for Handling Food Safely
Cooking Safely in the Microwave Oven
Poultry: Basting, Brining and Marinating
Washing Food: Does it Promote Food Safety
Cleanliness Helps Prevent Foodborne Illness
Food Safety While Hiking, Camping and Boating
Handling Food Safely on the Road
The Big Thaw – Safe Defrosting Methods for Consumers
Top 10 Reasons to Handle Your Food Safely
Additives in Meat and Poultry Products Molds
on Food: Are They Dangerous?
Turkey... From Farm to Table
Roasting Those “Other” Holiday Meats
Turkey Alternate Routes to the Table
Let's Talk Turkey—A Consumer Guide to Safely Roasting a Turkey
Irradiation and Food Safety: Answers to Frequently Asked Questions
Color of Cooked Ground Beef as it Relates to Doneness

Food Product Dating
Door-to-Door Meat Sales
Slow Cookers and Food Safety
Safe Handling of Take-Out Foods
Mail Order Food Safety
Color of Meat and Poultry
Egg Products and Food Safety
Keeping “Bag” Lunches Safe
Barbecue Food Safety
Holiday or Party Buffets

REVISED BY

Jamie I. Baum, PhD, Associate Professor of Nutrition, Director; Center for Human Nutrition,
January 2019.

PREPARED BY

Danita L. Brookins, EFNEP Program Associate, 2007.