

FAMILY & COMMUNITY HEALTH (FCH)



QUIZ BOWL RESOURCES

The following resource books will be used at the State level Quiz Bowl Contest.

County and District level resources may differ. Please reference your county and district contest rules and guidelines for those specific details.

SENIOR

Family & Community Health Quiz Bowl Study Guide 2020-2021 – Food & Nutrition

<https://texas4-h.tamu.edu/quiz/>

Healthy Lifestyles - 2021 Contest Materials <https://texas4-h.tamu.edu/projects/safety/>

Categories

- Food Packaging
- Physical Activity
 - Chapter 1
 - Chapter 2
 - Chapter 3
- E-cigarettes and Vaping
 - Electronic Cigarettes and Young People
https://www.cdc.gov/tobacco/basic_information/e-cigarettes/Quick-Facts-on-the-Risks-of-E-cigarettes-for-Kids-Teens-and-Young-Adults.html

Consumer Decision Making <https://texas4-h.tamu.edu/events/roundup/>

Category

- Sunglasses