

# Quiz Bowl Study Guide

Post Rock District | 2025-2026 4-H Year

[Quiz Bowl Website](https://www.postrock.k-state.edu/4-h/events/quiz-bowl/) (<https://www.postrock.k-state.edu/4-h/events/quiz-bowl/>)

## 4-H Quiz Bowl Purpose

The 4-H Quiz Bowl provides an opportunity to learn more about the 4-H history and organization. While a quiz bowl is semi-competitive, the experience is designed to be a fun, educational opportunity for 4-H members!

## Study Guide Directions and References

Spend time learning about 4-H by researching and completing the questions in the Study Guide. Next, use the questions to study and prepare for the 4-H Quiz Bowl. Studying can provide fun and learning. You can study individually, with a caring adult, with your friends, or with your team. You might even enjoy using the study guide to test the knowledge of your 4-H club members at a meeting!

Below is a list of websites and resources to use in completing the study guide. All 4-H Quiz Bowl questions will come from these sources. The Study Guide will help you prepare, but it is not a direct reflection of each question that may be used at the Quiz Bowl event. If you have questions, reach out to your local Post Rock District Office.

- **Kansas 4-H Foundation:** <https://www.kansas4hfoundation.org/>
- **4-H Youth Development:** <https://www.kansas4-h.org/>
- **K-State Extension:** <https://www.ksre.k-state.edu/>
- **K-State Research and Extension Bookstore:** <https://bookstore.ksre.ksu.edu/>
- **Kansas State University – Animal Sciences and Industry:** <https://www.asi.k-state.edu/>
- **Kansas State University Libraries:** <https://lib.k-state.edu/>
- **Kansas State University – Health and Human Sciences:** <https://www.hhs.k-state.edu/>
- **K-State Horticulture and Natural Resources:** <https://hnr.k-state.edu/>
- **K-State Salina:** <https://www.salina.k-state.edu/>
- **Midway District:** <https://www.midway.k-state.edu/>
- **National 4-H Council:** <https://4-h.org/>

- **National 4-H Hall of Fame:** <https://www.nae4hydp.org/page/HallofFame>
- **National 4-H History Preservation Program:** <https://4-hhistorypreservation.com/>
- **Phillips-Rooks District:** <https://www.phillipsrooks.k-state.edu/>
- **Post Rock District:** <https://www.postrock.k-state.edu/>
- **Rock Springs Ranch:** <https://rockspringsranch.org/>
- **River Valley District:** <https://www.rivervalley.k-state.edu/4-h/>
- **USDA National Institute of Food and Agriculture: 4-H Positive Youth Development:** <https://www.nifa.usda.gov/4-h>
- **Western Kansas Research-Extension Centers:** <https://www.wkrec.org/about/locations/nwrec/>

1. What location on the K-State Manhattan campus sells ice cream and dairy products?
2. What is studied in ASI at K-State?
3. What do the 4- H's symbolize in youth development?
4. Can a 4-year-old join 4-H?
5. How many years has Rock Springs Ranch hosted 4-H camp?
6. How many 4-H clubs are there in Kansas, and what is their focus?
7. What is CLOVER, and how does it support youth learning?
8. How many activities are available on CLOVER, and what skills do they teach?
9. How many different projects are offered through Kansas 4-H?
10. Which presentation can only be given by 4-H members who are ages 7-12 before January 1 at District 4-H Day?
11. In what year did Kansas 4-H clubs purchase Rock Springs Ranch?
12. Unscramble these letters to name a 4-H project: bbitrsa
13. Who is the current state 4-H leader?
14. What did the original 4-H's stand for?
15. What is the current slogan of the National 4-H Marketing campaign?
16. The first campers at Rock Springs Ranch stayed in what?
17. Name the two officers who sign the minutes of the meeting?
18. Who wrote Robert's Rule or Order?
19. What age must a 4-H'er be before January 1<sup>st</sup> to exhibit 4-H projects at the Kansas State Fair?
20. What item is used at 4-H meetings as a symbol of authority?
21. This 4-H event allows 4-H members to showcase their talents in public speaking and talent?
22. Name five of the ten Kansas 4-H projects in the Engineering and Technology category?

- 23.** What unique educational and recreational experiences do youth have at Rock Springs Ranch?
- 24.** What is the name of the dining hall at Rock Spring Ranch?
- 25.** Who gets inducted into the 4-H Hall of Fame?
- 26.** In what year did 4-H originate in the U.S.?
- 27.** Which officer should make sure that everyone gets to serve on a committee at some point during the year?
- 28.** What were some of the core areas of learning for youth members in the early years of 4-H?
- 29.** There are five 4-H projects or phases of projects that start with the letter "P". Name four of them.
- 30.** What counties make up the Post Rock District?
- 31.** This group of youth plan and execute 4-H in each county in Post Rock District?
- 32.** Name five phases of the Fiber Arts project?
- 33.** 4-H members and leaders live in all 50 states and in \_\_\_\_\_ other countries around the world.
- 34.** The 4-H name and emblem have United States federal protection under federal code 18 U.S.C. 707, passed in what year \_\_\_\_\_?
- 35.** Name 5 projects that start with the letter S?
- 36.** How many acres does Rock Springs 4-H Camp consist of?
- 37.** What counties are in the River Valley District?
- 38.** Who wrote the 4-H pledge in 1927?
- 39.** This 4-H Record is a complete compilation of a 4-H member's activities, both 4-H and non-4-H. Name the record.
- 40.** How many kids are in 4-H across the U.S.?
- 41.** What shape is the 4-H logo?
- 42.** KJLS stands for what?
- 43.** This group of youth are elected by their peers from the four regions of Kansas 4-H. The elected representatives provide valuable youth voices, leadership, and assistance to Kansas 4-H events and activities throughout each program.
- 44.** What does the 4-H pledge include?
- 45.** The Kansas State Fair is a 10-day event that begins the first Friday after what holiday?
- 46.** What is the national, multi-species youth livestock quality assurance program recognized by Kansas 4-H?
- 47.** What is the first thing you should do when entering a 4-H kitchen?
- 48.** What 4-H road trip takes you across the USA stopping to see Philadelphia, Gettysburg, the Liberty Bell, and more?
- 49.** In what year did the Kansas International 4-H Exchange Program begin?
- 50.** How many times should the president tap the gavel to call the meeting to order?
- 51.** Which officer calls the meeting to order?

- 52.** Who is responsible for proper management of the 4-H Name and Emblem?
- 53.** The 4-H program is introduced by which officer?
- 54.** What building on the Kansas State University campus in Manhattan is the state office of Kansas 4-H located?
- 55.** What six projects are listed under the Family and Consumer Science project area?
- 56.** In what project area can you embroider a pillowcase?
- 57.** What project would you use graphite pencils, charcoal, and blending tools?
- 58.** What 4-H project do you get when you unscramble these letters? (llams seenngi)
- 59.** What four projects are listed under the Leadership and Personal Development area?
- 60.** Give two examples of a judging contest that can be participated in through 4-H?
- 61.** It is important to keep updated contact information like emails and phone numbers recorded in what database for 4-H correspondence?
- 62.** National 4-H Week is held during this month?
- 63.** What two flags should be present at each 4-H meeting?
- 64.** What website can I go to and find helpful information about Post Rock District 4-H events and activities?
- 65.** A.B. Graham started 4-H in what city and state?
- 66.** Post Rock District was formed in what year?
- 67.** What towns are Post Rock District offices located in?
- 68.** What award of white, red, blue, or purple recognizes a Post Rock District 4-H community club at the conclusion of each participation year based on the events and activities accomplished throughout the year?
- 69.** Achievement pin applications must be submitted at the end of the 4-H year. After review, awards are announced at what county event?
- 70.** It is important to closely read this important resource for Post Rock District 4-H members which is emailed monthly to member contact information submitted in 4-H Online.
- 71.** What four items must be submitted for county-level project record evaluation as outlined on the Kansas 4-H Project Recognition Check Sheet?
- 72.** What is the name of the online Record Keeping Software members can use for Kansas 4-H record keeping?
- 73.** What are the age categories for the Kansas 4-H project record forms?
- 74.** What are the two forms names that we use to fill out the Kansas 4-H project record?
- 75.** What is the 4-H slogan?
- 76.** What is the order of the 4-H agenda items during the business part of a meeting?
- 77.** What 4-H event is the annual trip for Kansas Project Award winners in a recognition, educational, cultural, and community service experience held in Atlanta Georgia?
- 78.** The 4-H motto is?
- 79.** What project area has a \$10 participation fee in the Post Rock District?
- 80.** What project has to do with rocks and fossils?
- 81.** Name 5 of the 9 Shooting Sports disciplines?

- 82.** What is a 4-H community club?
- 83.** What are the 4-H colors?
- 84.** How many Animal Science projects are there, and what are the project names?
- 85.** What award recognizes 4-H members as they reach milestones throughout their 4-H journey?
- 86.** What is the Danish system of judging?
- 87.** What is the 4-H event called that is a mini college experience held on the K-State Manhattan campus designed for youth 13 to 18 years of age?
- 88.** What is the 4-H event called when we see how much we can give back to our Kansas communities over the course of one weekend?
- 89.** What is the 4-H event called when Kansas youth learn how the state legislative process works and how their voice and participation in decision-making can make a difference in their local communities?
- 90.** This 4-H event is held in November at Rock Springs Ranch.
- 91.** What is school enrichment?
- 92.** What 4-H event is a working conference in which youth and adults, at the invitation of the Secretary of Agriculture, assist in the development of recommendations to help guide 4-H Youth Development programs nationally and in their communities?
- 93.** The 4-H \_\_\_\_\_ is the only document that officially recognizes a 4-H club. It is a symbol of recognition as a 4-H club that subscribes to the Kansas 4-H Youth Development Program.
- 94.** On July 1, 1994, Post Rock District was formed by merging what two Extension Councils?
- 95.** Jewell and Osborne Counties joined the Post Rock District in what year?
- 96.** How many from each county can be representatives on the Post Rock district Board?
- 97.** What year did the River Valley Extension District form?
- 98.** What does 4-H empower young people with?
- 99.** How many Achievement Pins can a 4-Her get over the course of their 4-H career?
- 100.** Who is eligible to advance to the Kansas 4-H Regional Project Award screening?
- 101.** What are the 3 parts of the Kansas Project Award Recognition process?
- 102.** In what city is the Kansas State Fair held?
- 103.** What is the combined population of the Post Rock District?
- 104.** What is the name of the Cooperative Leadership House near the K-State campus that 4-H women can live while attending college?
- 105.** What is the Kansas 4-H Foundation?
- 106.** What is the name of the event that celebrates the State Project Winners each year?
- 107.** What is usually the biggest 4-H event of the year where members showcase their project work to be judged at the county level?

- 108.** Kansas families can serve as host families for international students. Name a country youth may come from to visit Kansas as part of the global exchange program?
- 109.** What regional 4-H event provides youth with opportunities to compete in a variety of judging contests such as livestock, crops, life skills, and entomology?
- 110.** What Post Rock District event happens alongside District 4-H Day where youth can test their knowledge during judging contests?
- 111.** What state event is often called a 'wheat fun day'?
- 112.** What is the name of the 4-H photography workshops put on across the state that serve as an opportunity to develop new camera skills?
- 113.** This award is one of the highest honors awarded to 4-H members across Kansas and a youth must be over 16 years old 4-H age to be eligible to apply.
- 114.** The achievement pins are designed to recognize 4-H members as they reach milestones throughout their 4-H journey. Can a youth skip back and forth to earn the series of pins?
- 115.** Give an example of how 4-H provides financial support opportunities to enrolled youth.
- 116.** What is the priority enrollment deadline in Post Rock District 4-H?
- 117.** What is considered the drop/add deadline to be enrolled in 4-H projects in 4-H Online if you want to exhibit in the respective project area at the county fair?
- 118.** When showing livestock, if you want to show at the state fair, what type of tag must be used and verified by a staff member at time of tagging?
- 119.** What is the process called to become eligible to show livestock at the Kansas State Fair and Kansas Junior Livestock Show?
- 120.** Each year, 4-H affiliated groups have to complete what financial process with the local extension unit?
- 121.** What is the branding expectation for all 4-H apparel and awards?
- 122.** Before a 4-H group hosts a fundraiser, what steps need to be taken with the local extension office?
- 123.** How many registered, screened and approved adult volunteers are to be present at all 4-H activities?
- 124.** What two documents outline the governance of a 4-H club?
- 125.** What extension units surround Post Rock District, in the state of Kansas?
- 126.** What counties make up the Midway District?
- 127.** What county is Lucas, Kansas in?
- 128.** What does it mean to earn an undergraduate certificate from Kansas State University?
- 129.** Give an example of an undergraduate certificate available to earn through K-State?
- 130.** What regional 4-H event is hosted by River Valley District and Post Rock District at Cloud County Community College?
- 131.** What direction does the 4-H clover's stem point to be correctly used?

- 132.** Does the American flag go on the left or the right shoulder of the president?
- 133.** True or false. The 4-H emblem should never be screened, shaded, gradated, or appear in a multi-colored hue. If false, explain what would make it true.
- 134.** True or false. It is okay to remove or hide part of the leaves when using the 4-H emblem. If false, explain what would make it true.
- 135.** True or false. It is okay to place text or other images over or on top of the 4-H emblem. If false, explain what would make it true.
- 136.** True or false. It is okay to tilt the 4-H emblem at a diagonal level when using it. If false, explain what would make it true.
- 137.** True or false. A 4-H club needs to have their club t-shirt design approved by the local extension office before sending it to print at an officially licensed vendor. If false, explain what would make it true.
- 138.** True or false. The official 4-H emblem includes the insignia phrase "18 U.S.C. 707". If false, explain what would make it true.
- 139.** What building on the K-State campus is the home of the College of Health and Human Sciences?
- 140.** What building on the K-State campus is the home of the Department of Animal Sciences and Industry?
- 141.** True or false. If a group needs to void a check, the check should be shredded by the club. If false, explain what would make it true.
- 142.** True or false. It is allowable for a 4-H club to make electronic purchases online or with a debit or credit card affiliated to the group. If false, explain what would make it true.
- 143.** How many signatories are needed on a 4-H group's financial accounts?
- 144.** Generally, what month should the official secretary's minutes include the officers, club leaders, and signatories as approved by the club during the business meeting.
- 145.** True or false. All funds should be receipted each time they change hands in 4-H. If false, explain what would make it true.
- 146.** True or false. Members of the same immediate family can be signatories in the same year on a 4-H account. If false, explain what would make it true.
- 147.** Give an example of a summer youth activity available at K-State Salina.
- 148.** Give an example of a service or activity available for youth at the K-State Hale Library.
- 149.** What is the name of K-State's mascot?
- 150.** What does EMAW stand for?
- 151.** If you have a question about 4-H, how should you go about getting your question answered?
- 152.** What events are part of the Kansas 4-H Leadership Weekend?
- 153.** Equifest of Kansas is a statewide event that includes the 4-H Horse Judging Contest. What city is Equifest located in?

- 154.** This equine event includes a hippology contest, horse bowl, and presentation contests.
- 155.** The State 4-H Horticulture Judging Contest helps members grow in the plant science project through plant identification, knowledge testing, and judging classes. What K-State Department helps host this event?
- 156.** Where is the Department of Horticulture, Forestry and Natural Resources located on the K-State campus?
- 157.** What extension agent can help you prepare for exhibiting plant science exhibits at the county or state fair?
- 158.** What do we call the clerical professional who works at the front office of your local Extension Office?
- 159.** Name a highway that connects Phillips-Rooks District, Post Rock District, and River Valley District?
- 160.** What social media platform is commonly used by Extension 4-H programs to share highlights and reminders?
- 161.** What media source should 4-H clubs share regular news stories and pictures to in your community?
- 162.** What role in 4-H are 4-H members who promote the local 4-H program to residents?
- 163.** Annually, youth and adults can apply to be part of action teams who work across 4-H project areas to deliver programmatic opportunities and make recommendations for project advancement. What are these teams called in Kansas?
- 164.** Describe a way to get involved with 4-H at the Kansas State Fair.
- 165.** List the five principles of managing funds for Extension Affiliated Groups.
- 166.** What is a day camp?
- 167.** Who does Post Rock District partner with to offer babysitting clinics?
- 168.** What extension agent can help you navigate questions with your animal science project?
- 169.** What extension agent can help you determine non-perishable, food-safe recipes to use for a 4-H club fundraiser in the community?
- 170.** What is the contest called when a business entry and public speaking skills are evaluated?
- 171.** In the Youth Entrepreneurship Contest what are the names of the two presentations that you can compete in?
- 172.** What does YEC stand for?
- 173.** What are the three parts of a goal?
- 174.** What will help you learn and accomplish a positive 4-H project learning experience?
- 175.** What are the three teen leadership opportunities through Kansas 4-H?



- 176.** To get your Member Achievement Pin #7, what project do you have to be enrolled in?
- 177.** What are the 4 experiences in the Kansas 4-H Learning Pathway?
- 178.** What do you have to turn in for a Regional Project Award Screening?
- 179.** What do you have to turn in for a State 4-H Project Award Evaluation?
- 180.** What are the two methods of filling out Project Report Forms?
- 181.** What makes up a Kansas 4-H Record Book at the Local Level?