

4-H Quiz Bowl Study Guide

Post Rock District | 2024-2025 4-H Year

[Postrock.ksu.edu>Events>Quiz Bowl](https://postrock.ksu.edu/Events/Quiz%20Bowl)

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

Spend time learning about 4-H by researching and completing the questions below. Next, use the questions and answers 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!

Study Guide References

Here is a list of websites and resources to use to complete the study guide! 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 Research and 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/>

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/>

Post Rock District: <https://www.postrock.k-state.edu/>

Rock Springs Ranch: <https://www.postrock.k-state.edu/>

River Valley District: <https://www.rivervalley.k-state.edu/4-h/>

USDA National Institute of Food and Agriculture: 4-H and Positive Youth Development: <https://www.nifa.usda.gov/grants/programs/4-h-positive-youth-development>

Study Guide Questions

1. On July 1, 1994, Post Rock District was formed by merging what two Extension Councils?
2. Jewell and Osborne Counties joined the District in what year?
3. How many from each county are representatives on the Post Rock District Board?
4. How do board members get on the Post Rock District governing board?
5. What year did the River Valley Extension District form?
6. What counties make up the River Valley Extension District?
7. How many counties are in the River Valley Extension District?
8. How many extension agents in River Valley Extension District?
9. How many Office Professionals are in River Valley Extension District?
10. How many 4-H Program Managers in the River Valley Extension District?
11. What river runs through the heart of the River Valley Extension District?
12. What 2 other rivers run through the River Valley Extension District?
13. How many 4-H clubs are in the River Valley Extension District?
14. How many 4-H Youth Development agents are in the River Valley Extension District?
15. How many publications and promotional materials are available in the KSRE Bookstore?
16. What is the name of the building where the Call Hall Dairy Bar is located?
17. Name 3 food or drink items that can be purchased in the Call Hall Dairy Bar.
18. Where does the meat come from that is sold in the Call Hall Dairy Bar?
19. What does 4-H empower young people with?
20. Who is responsible for proper management of the 4-H Name and Emblem?
21. How many achievement pins can a 4-Her get over the course of their 4-H career?
22. The National 4-H Conference in Arlington, VA develops recommendations to guide the 4-H Youth Development programs nationally and in their communities. Who may apply to attend this conference?
23. The National 4-H Congress is an annual trip to Atlanta, GA for Kansas Award winners. The Kansas delegation is comprised of 3 types of award winners. Name 1 of the 3 types.
24. Who is eligible to advance to the Kansas 4-H Regional Project Award screening?
25. What are the 3 parts of the Kansas Project Award Recognition process?
26. In what city is the Kansas State Fair held?
27. In 2024, when was National Volunteer Week?
28. Name 1 of 3 youth events that the 4-Her travels to the Washington DC area.
29. Name the lady from Kansas who was named 1 of 13 National 4-H Hall of Fame 2023 Laureates.
30. What year was the National 4-H Hall of Fame created?
31. What is the primary purpose of the 4-H Preservation website?
32. Kansas 4-H Club History Collection contains records dated in the early 20th century. Near what major city is this collection located?
33. What is the combined population of the Post Rock District?
34. What is the name of the cooperative Leadership House near the K-State Campus that 4-H women can live while attending college?

35. What is the name of the event held at Rocks Springs Ranch for 14-18-year-olds in late November?
36. What is the Kansas 4-H Foundation?
37. What is the state's largest youth development program?
38. How many members make up the 4-H Foundation Staff?
39. Who owns Rock Springs Ranch?
40. What is the name of the event that celebrates the State Project Winners each year?
41. 4-H began more than _____ years ago?
42. What year is considered the birth of the United States 4-H?
43. Who started a youth program in Clark County, Ohio in 1902?
44. The first club was called _____ or _____.
45. Who started local agricultural after-school clubs and fairs?
46. Who developed the clover pin with an H on each leaf?
47. In what year did Jessie Field Shambaugh develop the clover emblem with an H on each leaf?
48. In what year did local agricultural after-school clubs begin to be called 4-H clubs?
49. In what year was the cooperative extension system created?
50. By what year were 4-H clubs formed and the Clover Emblem was adopted?
51. What is America's largest youth development organization?
52. Nearly how many millions of young people are in 4-H?
53. Youth build life skills through hands-on _____.
54. 4-H experience is delivered by a community of more than _____ public land grant universities across the nation.
55. In 4-H, we believe true leaders aren't born – they're _____.
56. What is the name term used for 4-H youth who are ages 5-6 in Kansas?
57. What does the acronym STEM stand for?
58. 4-H in the United States has a network of _____ volunteers that provide caring and supportive mentoring.
59. 4-H in the United States has a network of _____ 4-H professionals that provide caring and supportive mentoring.
60. The theme for National 4-H Week 2023 was _____.
61. Who proclaimed National 4-H Week October 1-7, 2023 in the United States?
62. The United States Secretary of Agriculture proclaimed October 1 through October 7, 2023 as _____.
63. In what year was C.W. Pence of Kansas elected president of the National Association of 4-H Club Agents?
64. What does NAE4-HYDP stand for?
65. The NAE4-HYDP choose to focus on the values of _____, _____, _____, and _____.
66. The NAE4-HYDP Strategic Plan focuses on _____, _____, and the _____.

67. Approximately how many people are selected from the nominees each year to be inducted into the National 4-H Hall of Fame?
68. How many 4-H Clubs are there in the Post Rock District?
69. The 4-H year runs from October 1 through _____.
70. Kansas 4-H is open to youth between the ages of _____ and _____.
71. To show at the county fair you must be enrolled by _____.
72. Name all the counties that make up Post Rock District.
73. How many 4-H Day events in 2025 will the Post Rock District host?
74. What celebration kicks off the new 4-H year and celebrates the successes of the last year?
75. What does KYLF stand for?
76. What two colors are the 4-H colors?
77. What is the 4-H Motto?
78. What does PRD stand for?
79. What is the new name of the project that was Buymanship?
80. Unscramble these letters to name a 4-H project: giewsn & ltetxi gsedin
81. Which officer calls the meeting to order?
82. How many 2024-2025 Kansas 4-H projects are there?
83. In Natural Resources there are 4 project areas. What are they?
84. The 4-H program is introduced by which officer?
85. The new 4-H year begins in the month of _____?
86. What do the four H's stand for today?
87. What does the CIA stand for?
88. Who is the Youth Development Extension Agent?
89. Name all four 4-H Program Coordinators in Post Rock District.
90. What takes place at Rock Springs Ranch near Junction City, Kansas during the months of May, June, July and August.
91. Since _____, thousands of Kansas 4-H youth have come to Rock Springs Ranch.
92. How many acres of land were purchased for the Kansas 4-H camp?
93. What supplies all the water used at Rock Springs Ranch?
94. What is the online 4-H Record Keeping Software called?
95. What does YQCA stand for?
96. Which of the following comes last in the order of business: Pledges, Roll Call, or New Business?
97. Who developed the clover emblem with an H on each leaf?
98. Which officer calls roll and takes minutes?
99. What two flags should be present at all 4-H meetings?
100. If the President would like everyone to stand up, how many times should the gavel be tapped?
101. How many counties does K-State Research and Extension have a presence in Kansas?
102. Rock Springs 4-H Center is nestled in the scenic _____ Hills of Kansas.

103. What organization works with businesses, organizations, individuals, and families to support the Kansas 4-H program?
104. 4-H empowers nearly six million young people across the U.S. and over _____ youth in Kansas.
105. What kind of presentation shows how to do something and its purpose is to teach?
106. The Vice President calls the meeting to order if this officer is not at the meeting.
107. How many times should the president tap the gavel to call the meeting to order?
108. What is the 4-H Slogan?
109. In 1973, the 4-H pledge changed to include what?
110. National 4-H Week is held during this month.
111. What three officers should sit at the main officer table at 4-H Club Meetings?
112. Which officer manages the club finances?
113. During a 4-H club meeting, what follows the pledges?
114. What club officer should take pictures at club events and make a club scrapbook?
115. This Kansas 4-H event is held the weekend after National 4-H Week.
116. Name three things that one tap of the gavel could mean.
117. Which way does the 4-H clover stem point?
118. Name the 4-H color that represents “youth, life, and growth”?
119. What does NIFA stand for?
120. What does USDA stand for?
121. What was established by the Food Conservation and Energy Act of 2008?
122. What event during the summer do you enter projects locally to showcase your 4-H work?
123. Name the event where 4-Hers visit each other’s home to learn about each other’s 4-H projects.
124. If there is a tie during a vote in a 4-H club meeting, what person can vote to break the tie?
125. What county-wide organization is made up of 4-Hers, adult volunteers from each club, and helps plan county 4-H events and activities?
126. In the 4-H pledge what does the Heart represent?
127. At a 4-H club meeting, if a quorum is not met, what cannot take place?
128. How many times has the motto been changed since it was adopted in 1927?
129. 4-H is a program for youth who live where?
130. What was the last county to join the Post Rock District?
131. Who are the Shotgun Instructors for the Post Rock District?
132. How old do you have to be to participate in 4-H Shooting Sports?
133. Who is the Archery Instructor for the Post Rock District?
134. Who is the BB Gun and Air Rifle Instructor for the Post Rock District?
135. Who are the two people in the Post Rock District who can teach YQCA?
136. Who is the current state 4-H leader?
137. How much is the annual State of Kansas 4-H Program Fee for each member?

138. Who is the Regional Specialist responsible for the Kansas Shooting Sports 4-H project?
139. Who is the Regional Specialist responsible for Kansas 4-H Animal Science project?
140. In Kansas, there are 4 Regional 4-H Youth Development Staff, name them.
141. Name the two officers who sign the minutes of the meeting.
142. Who wrote Robert's Rule of Order?
143. How many times do you rap the gavel to have the group rise?
144. Placing a motion on the table means what?
145. What item is used for meetings as a symbol of authority?
146. What is the month and day that your 4-H age is determined by?
147. What is the name of the dining hall at Rock Springs Ranch?
148. This 4-H event allows 4-H members to showcase their talents in public speaking and arts.
149. As a 4-H member, you can receive one achievement pin each year at the Achievement Ceremony. What is the name of the first pin you can receive?
150. Who wrote the 4-H pledge in 1927?
151. What is an Illustrated Talk?
152. In what year did Kansas 4-H Clubs purchase Rock Springs Ranch?
153. Name the three State 4-H Program Coordinators on the Manhattan Campus.
154. What does Post Rock District email out each month (excluding July and August)?
155. When does the priority 4-H enrollment period end?
156. When does the 4-H enrollment period begin?
157. Name the two shows that all 4-H/FFA livestock must be nominated to.
158. What is the 4-H Cooperative Leadership House at Kansas State University in Manhattan called?
159. Name the two types of talks whose purpose is to teach.
160. What is the Slogan of the National 4-H Marketing campaign?
161. Which of the four H's represents self-discipline and integrity?
162. Why would you tap the gavel two times?
163. Which officer should make sure that everyone gets to serve on a committee at some point during the year?
164. A set of principles by which 4-H members live are incorporated in what?
165. Name at least two project areas you can learn about Kansas as a 4-H member.
166. There are ten disciplines in the shooting sports project. Name six of them.
167. Which officer should thank the people who provide the program at the club meeting?
168. How many main motions should the chairperson entertain at a time?
169. What age must a 4-Her be before January 1st to exhibit at the State Fair?
170. Which land grant Kansas college is home to the state 4-H office.
171. In the 4-H pledge, hands stand for larger service. What does "health" stand for?
172. Unscramble these letters to name a phase of the shooting sports project: yecarhr
173. What is the official 4-H emblem?
174. What are the four parts of a 4-H club meeting?

175. What is the name of the 4-H Camp south of Junction City?
176. What project has a \$10.00 participation fee in the Post Rock District?
177. What project has to do with rocks?
178. What project has to do with trees?
179. What project has to do with determining a clothing budget?
180. Where is Discovery Days held?
181. What award is one of the highest honors awarded to 4-H members across Kansas?
182. Name the three parts of a strong goal.
183. What is a 4-H Goal?
184. What are the three parts of a good 4-H presentation?
185. What is the main job of a 4-H Council?
186. How many signatures should be on a 4-H Club check?
187. What does EIN stand for?
188. There are 8 tips for being a good leader. What are 4 of them?
189. All animals that are nominated for the Kansas Junior Livestock Show and /or Kansas State Fair will be required to be tagged with?
190. The Recommended EID Tag Placement for Beef Cattle is?
191. 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.
192. What is the name of the Kansas 4-H event 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.
193. What 4-H road trip takes you across the USA stopping to see Philadelphia, Gettysburg, and Livery Bell and more?
194. What website can I go to and find helpful information about Post Rock District 4-H events and activities?
195. 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?
196. What towns are Post Rock District offices located in?
197. K-State Research and Extension is a short name for what?
198. Post Rock District was formed in what year?
199. Post Rock District is governed by elected board members representing each county in the District. How many board members serve on this governing board?
200. It is important to keep updated contact information like emails and phone numbers recorded in what database for 4-H correspondence?
201. What building on the Kansas State University campus in Manhattan is the state office of Kansas 4-H located?
202. What Kansas community hosts the annual Kansas State Fair?
203. The Kansas State Fair is a 10-day event that begins the first Friday after what holiday?
204. What do we call the 4-H livestock shows that are part of the Kansas State Fair?

205. KJLS stands for what?
206. What is the national, multi-species youth livestock quality assurance program recognized by Kansas 4-H?
207. The values of 4-H are at the core of summer camp at this location in Kansas. These values guide all of the youth programming. It is believed the lessons learned here can create a foundation for success that will last beyond their visit.
208. This group of youth is 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.
209. What four items must be submitted for county-level project record evaluation as outlined on the Kansas 4-H Project Recognition Check Sheet?
210. What are the two form names that we use to fill out for the Kansas 4-H project records?
211. What do you want to include when introducing a program/presenter?
212. What are the age categories for the Kansas 4-H project record forms?
213. What is the order of the 4-H agenda items during the business part of a meeting?
214. A state leader from what state wrote the 4-H Pledge and it was officially adopted in 1927?
215. What is the 4-H pledge?
216. The Kansas 4-H Cloverbud program is available for kids who are what ages?
217. 4-H clubs generally meet _____.
218. Post Rock District and River Valley District are teaming up to offer a drive-in personal development experience for youth currently in 6th through 12 grades. What is it called?
219. What are Shutterbug events?
220. Name the statewide 4-H contest _____ taking place on the first Sunday of the Kansas State Fair. The contest will consist of six classes of photography, problem classes, and knowledge tests.
221. The _____ is a fun statewide Kansas 4-H event showcasing all things wheat.
222. Kansas 4-H _____ serves to bring youth, volunteers, and K-State Research and Extension staff together to enhance learning through project pathways; provide leadership in the development of a project subject matter; review, recommend, and provide professional development opportunities for KSRE professionals and volunteers on curriculum and other resources, and provide leadership in planning and conducting one or more state educational experiences.
223. In what project do you decorate a room, experimenting with colors and different types and patterns on your wall and creating a feeling of coziness?
224. What project do you experiment with soil testing, and grow and harvest crops?
225. What project do you learn about plant parts and how they are used?
226. What project is designed to help members find out more about themselves, family, friends, community, and the world?

227. What project do you learn to interpret verbal and nonverbal information, and develop effective public speaking skills?
228. What project do you learn to express yourself through movement, voice, speech, and acting?
229. What project do you learn to help, understand yourself, communicate, get along with others, make decisions, and manage and work with a group?
230. What project do you learn to identify trees, and learn about different trees and tree parts?
231. What project do you learn about lift, drag, and other factors that affect rocket design?
232. What project do you learn about animal health, behavior, and visit with veterinarians?
233. What project teaches gun safety, and hunting practices plus an opportunity to test your skills?
234. What program involves school-age youth outside of school hours usually in a school?
235. The primary purpose of this program is to provide care, developmental, and educational experiences for youth while parents are working or unavailable. What is it called when an individual does 4-H as a home study course, or entire families learning together?
236. What program involves direct teaching by extension staff during school hours to support the curriculum?
237. What does IFYE stands for?