GEXRGIA 4-H COTTON BOLL & CONSUMER JUDGING

2019 Practice Classes

Breakfast Cereals - Practice Class

Situation Statement: Allison wakes up hungry for breakfast and wants cereal, but she wants to make a healthy choice. She knows that she wants to limit sugar and saturated fat, and she needs to get 100% of the vitamins she needs sometime during the day in order to stay healthy. She also knows she needs to get fiber and protein to help keep her full until lunchtime. She plans to have her cereal with 3/4 cup fat free milk. Which cereal would be her best choice?

Nutrition Facts Label		
 Oat Crunch Cinnamon Cheerios 		
Serving Size: 1 cup cereal		
Amount Per Serving		
Calories 160		
	% Daily Values*	
Total Fat 4 gram	7%	
Saturated Fat 0.5 g	3%	
Trans Fat 0 g		
Total Carbohydrate 40 grams	9%	
Dietary Fiber 4 g	15%	
Sugars 14 g		
Sodium 220 mg	9%	
Calcium	8%	
Iron	80%	
Protein 3 grams		

Nutrition Facts Label		
2. Post Fruity Pebbles Cereal		
Serving Size: 1 cup cereal		
Amount Per Serving		
Calories 145		
	% Daily Values*	
Total Fat 1 gram	1%	
Saturated Fat 1 g	7%	
Trans Fat 0 g		
Total Carbohydrate 31 grams	10%	
Dietary Fiber 0 g	0%	
Sugars 12 g		
Sodium 220 mg	9%	
Calcium	0%	
Iron	34%	
Protein 1 grams		





Nutrition Facts Label		
3. Honey Nut Cheerios Cereal		
Serving Size: 1 cup cereal		
Amount Per Serving		
Calories 110		
	% Daily Values*	
Total Fat 1 gram	1%	
Saturated Fat 0 g	1%	
Trans Fat 0 g		
Total Carbohydrate 24 grams	8%	
Dietary Fiber 2 g	7%	
Sugars 11 g		
Sodium 150 mg	11%	
Calcium	10%	
Iron	101%	
Protein 3 grams		

Nutrition Facts Label

4. Kellogg's All-Bran Complete Wheat Flakes Cereal

Serving Size: 1 cup cereal

% Daily Values*
1%
0%
11%
23%
12%
12%
71%





Breakfast Cereal Ranking and Reasons

Ranking: 4,3,1,2

4 over 3 because 4 has more fiber, protein, and calcium with less sugar and less saturated fat. Granted it is higher in sodium and has less iron.

3 over 1 because 3 has less sodium, sugar, and saturated fat, as well as more calcium, and iron. Granted 3 does have less fiber, and the same protein as 1.

1 over 2 because it has more fiber, more protein, calcium, and iron. It does have more sugar and calories, but Allison's primary focus is fiber and protein, and 2 contains no fiber and very little protein.

Jeans – Practice Class

Situation Statement: Jessica is doing some back-to-school shopping at the mall with her mom, and she wants to buy a new pair of jeans. Her favorite style is skinny jeans with a little stretch and she prefers a darker wash. Her school's dress code does not allow ripped jeans, so it's important that she avoids buying anything with any rips or holes. Her mom gives her a budget of \$50 to spend. Which of the following is the most optimal pair of back-to-school jeans for Jessica?

- 1. American Eagle Slim Straight Jean
 - \$59.95
 - A fresh, easy fit inspired by the '90s.
 - Super Stretch
 - Soft, authentic looking denim gives you the right amount of structure with a vintage look
 - Holds its shape & won't bag out.
 - Medium wash wear it like you mean it
 - Ripped details
 - 98% Cotton, 2% Elastane
 - Color may transfer when new. Wash once separately in cold water before wearing. Machine wash cold inside out with like colors. Do not bleach. Tumble dry low. Cool iron if needed.
 - Jegging fit up top with an easy leg opening
 - high-waisted | 10 3/4" rise
 - 14 3/4" leg opening



- 2. Women's Mid-Rise Skinny Jeans -Universal Thread™ Dark Wash
 - \$24.99
 - Universal Thread dark-wash jeggings in a mid rise
 - Perfectly weighted fabric smooths and shapes for all-day confidence
 - Material: 71% Cotton, 27% Polyester, 2% Elastane
 - Lining Fabric: Twill
 - Material Lining: 65% Recycled polyester & 35% Cotton
 - Weave: Denim
 - Closure Style: Fly button and zipper
 - Inseam Length: 28 inches
 - Rise: Mid Rise
 - Features: Front off seam pocket, Back patch pocket
 - Features: Front placket, Back yoke Zipper, buttons, hardware Yarn dye
 - Stretch: Power stretch
 - Care and Cleaning: Machine

wash & Tumble

dry

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3. Lee ORIGINAL RELAXED FIT STRAIGHT LEG	4. Old Navy Mid-rise Skinny Jeans for
JEANS	Women
• \$33.90	• \$19.97
 COLOR: Premium Light 	 Color: Light wash
 Fabric:72% cotton/27% poly/1% 	 Button closure and zip fly.
spandex	Riveted scoop pockets and coin
• The legendary lee original relaxed fit	pocket in front; patch pockets in
straight leg is back, and it's exactly	back.
the way it used to be. Original fit &	• Soft cotton-blend denim, with
fabric. Original shape & silhouette.	comfortable stretch to flatter all
Original everything. Fall in love with	shapes.
your old flame all over again.	 69% cotton, 29% polyester, 2%
 Overall fit relaxed rise high rise 	spandex.
front closure zip-fly with button	 Machine wash cold, tumble dry
closure leg straight number of	low.
pockets 5 back pocket styling plain.	 Imported.
Care: machine wash.	
	 Sits just below waist.
	• Fitted through hip and thigh.
	• Skinny leg.
	 Skinny leg. Regular inseam: 30".

Ranking:

2-4-3-1

Reasons:

Top Pair	Reason For Placing	Grant	Fault
2,4	2 is skinny, dark wash, has a little stretch (cotton stretch blend), no rips or holes, and is under 50 dollars.	4 is skinny style, no rips or holes, cotton blend with stretch, is under 50 dollars	4 is light wash.
Middle Pair			
4,3	4 is skinny style, no rips or holes, cotton blend with stretch, is under 50 dollars	3 is under \$50, cotton blend that has a little stretch, no rips or holes	3 is not skinny style, is not dark wash
Bottom Pair			
3,1	3 is under \$50, cotton blend that has a little stretch, no rips or holes	1 is cotton blend with a little stretch	1 is not dark wash, is not skinny style, is over budget, has rips and holes

Tents- Practice Class

Kevin, Jeffery, and Josh just graduated from high school. They are planning a three day camping trip at the lake to celebrate, and they want to purchase a tent to sleep in. Saving for college is their highest priority right now, so they want to spend no more than 100 dollars, and less if possible. Because this is their first time camping, they need a beginner friendly tent that is easy to assemble. The trip will be in Georgia in June, so it will be hot and they want to make sure they stay cool. Their tent needs to sleep 3 and it would be nice to have room for gear. Which tent would be the best choice for their camping trip?



Ranking:

2,4,1,3

Reasons:

Top Pair	Reason For Placing	Grant	Fault
2,4	2- Sets up in 10 seconds, is best price at 63.48, sleeps 4 which allows for 3 people plus some room for gear, has mesh windows that will help with ventilation and keeping things cooler.	4- also within budget at 84.99, sleeps 3, has mesh windows for ventilation. Sleeps 3, but	4- more difficult to set up than 2, is more expensive., less room to store gear
Middle Pair			
4,1	4- also within budget at 84.99, sleeps 3, has mesh windows for ventilation	1- easy to inflate, sleeps 4, has mesh windows for ventilation.	1-is over \$100
Bottom Pair			
1,3	1- easy to inflate, sleeps 4, has mesh windows for ventilation.	3 – Quick setup, durable	3- over \$100, made for cold weather so may not be as well ventilated, only sleeps 2.

Event Venues- Practice Class

Nick is graduating from the University of Georgia in May with a degree in Finance. He wants to plan a graduation party for his friends and family at a local Athens venue. Nick expects 40 people to attend the party and he would like to provide food and drink for his guests. He prefers an indoor venue, and his total budget \$1,000. It is important for Nick to stay on or under budget, and his top priority is finding a space large enough to comfortably accommodate all of his guests. He would also like to be able to play music during the party. Which of the following Athens venues should Nick choose for the party?

1. Local Restaurant	2. County Club Outdoor Patio
 A local Athens restaurant will let Nick rent out the indoor private room of the restaurant for \$200 plus the cost of food and drink. For 40 guests, the restaurant has quoted Nick a price of \$600 for food and drinks. There is a sound system in the room. The maximum occupancy of the room is 55 people. 	 The local country club is offering to rent out their outdoor patio space to Nick for an all-inclusive rental fee of \$1000. Food, drinks, tables, and chairs are all included in the \$1000 charge. No additional fees will be added. The country club patio is a outdoor venue with a recommended maximum capacity of 75 people. There is a sound system available.

3. Banquet Hall	4. Local Historic Home
 An Athens banquet hall charges a rental fee of \$270. The hall has a sound system available. The banquet hall requires inhouse catering. There is a food/drink charge of \$17 per guest, so Nick would pay \$680 for food and drink. The banquet hall is an indoor venue with a maximum capacity of 100 people. 	 Nick has a friend who sometimes rents out his historic home to friends and family for a small fee of \$150 plus cleaning costs. Nick will be responsible for providing the food and drinks. Nick estimates he would spend \$400 on food and drinks. There is no sound system, but Nick could rent speakers and bring them in. In addition, Nick must to pay a cleaning service to clean his uncle's home after the party. Cleaning charge = \$150. The home has both indoor and outdoor event space; but at least some of the guests would be eating outside. The maximum capacity is. 30 people.

Ranking:

1, 3, 2, 4

Reasons:

Top Pair	Reason For Placing	Grant	Fault
1,3	1- total price is \$800, which is within Nick's budget, the venue will hold 40 people comfortably, is an indoor space, and a sound system is available for playing music.	3- the total price of \$950 is within the budget, the room holds over 40 people, it is an indoor venue, and it has a sound system.	3- more expensive than option 1.
Middle Pair			
3,2	3- the total price of \$950 is within the budget, the room holds over 40 people, it is an indoor venue, and it has a sound system.	2- at 1000, is within the budget, would hold 40 guests, and has a sound system available.	2- is the most expensive choice and is an outdoor venue.
Bottom Pair			
2,4	2- at 1000, is within the budget, would hold 40 guests, and has a sound system available.	4 total price of \$700 is within budget, some of the venue is indoors.	4- The venue is too small and some guests would have to sit outside to eat. There is no sound system.