

GE  **RGIA**

4-H COTTON BOLL &
CONSUMER JUDGING

2020 Study Guide

This study guide contains information that will help you prepare to judge the four classes that will be part of our Cotton Boll and Consumer Judging contest this year.

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Vending Machine Snacks

Snacks can play an important role in satisfying nutritional needs between meals. Choosing foods from all of the food groups will help give you energy you may need between meals. It helps to plan and portion out snacks when you can to ensure you are getting the best foods. But when you are in a pinch, it is important to be able to evaluate your options of convenience foods and make the best choice.

Younger kids will usually only need 2 - 3 snacks daily. Incorporating brightly colored fruits and vegetables with sources of protein like low fat yogurt or fresh hummus is a great way to boost fruit and vegetable intake while staying satisfied between meals.

It is important to pay attention to your body and how you feel. Brightly colored sugary and salty snacks from vending machines can look good, but it is important to only have a snack when you actually feel hungry. Focus on snacks that will satisfy you and give you enough energy to perform well throughout your day. Fiber and protein are great nutrients to be looking for especially for those unplanned on-the-go snacks.

Cost The cost of vending machine snacks can depend on the popularity of the food, the size of the snack package, and the ingredients in the snack. In a vending machine, snacks can often be sold with multiple servings in one package. In this situation, you can compare the cost per serving. Some snacks may cost a little more than others, but spending a little more money to make a healthier choice when you are having snacks on the go is generally a better investment in your health.

Nutritional Value Think about trying to get the most nutrition for the calories you are taking in. You don't necessarily have to choose the option with the lowest calories. Pick the option where you get the most MyPlate food groups and nutrients your body needs (fiber, protein, vitamins and minerals) with less of the nutrients that are easy to get too much of (saturated and trans fats, sodium or salt, and sugar).

Ingredients Ready-to-eat snacks can have a very large list of ingredients because they often contain ingredients to make the food shelf stable, sweeteners, including sugar, and essential vitamins added in to "fortify" the snack. Use the ingredient or food content list to identify the foods that belong to different MyPlate food groups, such as grains, fruits, or nuts, etc. Some other ingredients are added to keep foods fresh, safe, or more flavorful. Try not to get too hung up on the number of ingredients, but rather look at the total contents of the snack to make sure you are getting the most nutrition that you can.

MyPlate Food Groups You can get a wide variety of snacks from a vending machine. Common items in a vending machine include candy, cookies, trail mix, crackers, and dried meats. Many of these foods are high in the nutrients that are easy to get too

much of, like saturated and trans fats, sodium, and sugar. So, how do you make a good snack choice?

One great tool is to look at your MyPlate food groups. The best snacks will have ingredients from multiple food groups. This will provide a wider range of vitamins and minerals while helping to keep you satisfied until the next meal. Whole grains, proteins, dried fruits and nuts are going to be the most common healthy foods available in a vending machine.

Remember, **grains** can provide healthy carbohydrates, fiber, B vitamins, and the essential mineral iron. Whole grains, like oats, popcorn, brown rice, and whole wheat, are healthier choices than refined grains like enriched white flour, corn meal, and white rice because whole grains provide more fiber, vitamins, and minerals.

Fruits provide fiber and healthy natural sugars. Dried fruits are more common in vending machine snacks than fresh fruits.

Nuts, seeds, nut butters, and dried meats are common **protein foods** found in vending machine snacks.

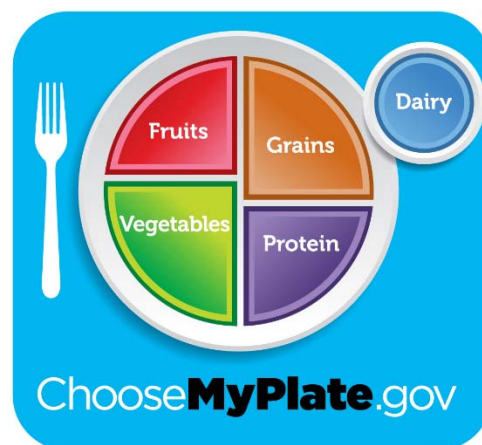
It is rare to find **vegetables** in a vending machine snack. Some snacks labeled as veggie chips or straws use powdered vegetables often amounts too small to count as a serving. If the food contains at least one serving of vegetables, the package will usually say so.

Unless it is a refrigerated vending machine, you also are unlikely to find **dairy foods**. The cheese used in vending machine snacks is typically processed cheese food or cheese flavors that don't count toward your daily dairy needs. Consider pairing your snack with a glass of low-fat or fat free milk, yogurt, or fresh cheese.

Calories, Carbohydrates, Fat, and Protein

Calories: Consider the calories in the portion size you plan to eat. While calories are not the only piece of nutrition information you should consider when choosing a meal, they can help guide you in making the best choice.

- Snacks should provide approximately 200 calories, depending on the person's age, gender, body size, activity level, and health needs.
- Ready-to-eat snacks range in calories from approximately 70 to 300 calories per serving. Do not worry so much about how many total calories you are getting. Instead, pay attention to the quality of the calories: are you getting



lots of vitamins, minerals, fiber, and some protein for the total number of calories? This is called choosing a “nutrient-dense” food.

- **Serving size:** remember that calories on the nutrition label are based on the serving size. Serving sizes for ready-to-eat snacks typically range from 1 to 4 servings in a package. If one package has 2 servings in it and you eat the whole package, then you have had two servings.

Carbohydrates: Under normal, healthy conditions, carbohydrates are our bodies’ primary source of energy. It’s important to get carbohydrates from your food, but some sources of carbohydrates (like whole grains) provide more nutrients than others. Look on the nutrition label to see how much total carbohydrate, sugar, and fiber a serving of a snack food contains.

Fiber: Carbohydrates from fiber are beneficial to your health by causing you to feel full for longer and helping with digestion. Eating enough fiber can also reduce your risk for heart disease and some cancers. Look for snacks with more fiber.

Sugars: Sugar is a carbohydrate that is present in naturally sweet foods like fruits and dairy products but can be added to foods as well to make them taste sweeter. Natural sugar found in foods like fresh fruit and low-fat dairy are a good choice, because they provide energy from the natural sugar and bring vitamins, minerals, and/or fiber along with it. However, sugar that is added to a food like snack bars or cookies to sweeten it provides energy with few or no nutrients and no fiber. This is called “added sugar.” Even healthier foods can have sugar added to them, like flavored milk, yogurt, granola, and mixtures of dried fruit and nuts. Vending machine snacks often have a lot of added sugar so be sure to read labels.

On the nutrition facts label, sugars are listed under carbohydrates. On some labels, you may also see “added sugar” listed underneath sugar. Even when added sugar isn’t listed on the nutrition facts label, you can find out if a product has added sugar by looking at the ingredient list for sugar or other names such as dextrose, fructose, brown rice syrup, cane syrup, corn syrup, and cane juice. Although some of these might sound healthier, like honey or brown rice syrup, they are all basically the same to your body– sources of added sugar that we want to limit in the foods we eat.

Low and no calorie sweeteners: There are several low and no calorie sweeteners that can be used to sweeten foods with fewer calories than sugar. Some common examples are aspartame, saccharin, sucralose, stevia, and acesulfame potassium. While research tells us these are generally safe, we do not know much about the long-term health consequences for children and

teens. So, when considering a food you might eat often, like a snack, it's probably best to choose snacks without low and no calorie sweeteners.

Fat: Our bodies need fat to provide energy and carry nutrients, but not too much. Some types of fat are better for our health than others. Saturated fat and trans fat can negatively impact your heart health. The United States Department of Agriculture (USDA) recommends that you limit saturated fat to less than 10% of calories and avoid trans fat. Look for snacks that are lower in saturated fat and contain 0 grams trans fat. If you look at the ingredient list, you do NOT want to find “partially hydrogenated oils” listed, as these are sources of trans fat.

Protein: Protein does so many things in your body, but it is best known for helping you build muscle. Protein also helps you feel full for longer. In a snack, it is best to try to get some protein because it keeps you full and helps ensure you get enough protein throughout the day. In general, choose snacks with more protein.

Vitamins and Minerals: Vitamins and minerals are listed on nutrition labels as a percent daily value (%DV). The goal is to get 100% of the DV of each vitamin and mineral from foods each day. These values are easy to find on packaged foods but are harder to see in a vending machine. Of the four vitamins and minerals listed on the nutrition label, ready-to-eat snacks usually provide iron and sometimes calcium. These are two important minerals: iron helps energy levels by carrying oxygen to all of your cells, and calcium helps build strong bones. Nutrition labels are changing, and some packages will have an old version and some have a new version. The new version will tell you how much iron, calcium, potassium, and vitamin D are in the food. The old version will tell you how much iron, calcium, vitamin A and vitamin C are in a food. It is best to make your decision based on the nutrients that are listed on all choices.

Salt: Our bodies need sodium (salt) to function, but getting too much leads to high blood pressure and is harmful to your health. The 2015 Dietary Guidelines for Americans and MyPlate recommend that you consume no more than 2,300 milligrams (mg) of sodium per day. Be sure to check the nutrition facts label and choose meals, including snacks that are lower in sodium.

Overall, it is best to make your decision based on the MyPlate food groups and nutrients that are listed on all choices (like calories, saturated fat, protein, fiber, sodium).

The food label, or the nutrition facts panel, tells you what your food is made of. This can help you make informed decisions about how to eat a balanced diet.

Nutrition Facts
8 servings per container
Serving size 2/3 cup (55g)
Amount per serving 230
Calories

	% Daily Value*
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Servings per container tells you how many servings are in the whole package

Serving size tells you how much of this food people typically eat. It is the basis of the nutrient and calorie amounts.

This column tells you what nutrients are in this food and how much.

The “Calories” line tells you how much energy (or Calories) you get from eating one serving of this food. (The amount in one serving is the listed above.)

This column shows you what percent of your daily needs of each nutrient this food will fill. It is based on a 2000 Calorie diet.

The point of the food label is to let you know what is in your food and to list the ingredients it is made from. The Daily Values % are a guide for people to follow to build a healthy diet. You want to get 100% of your Daily Value in some nutrients like vitamins, minerals, and fiber. You also want to stay under 100% in other nutrients like sodium, saturated fat, trans fats, and cholesterol.

5% is low – aim low for sodium, saturated fat, trans fat, and cholesterol

20% is high – aim high in vitamins, minerals and fiber.

The Daily Value % are based on a 2000 calorie diet. Not everyone needs exactly 2000 calories in a day. Some people need more and some people need less. That doesn't mean the Daily Value % can't be useful to you. They are still a good guide to know

what foods are good sources of nutrients, and which foods to enjoy in smaller amounts. You can also use the DV% to compare foods.

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MyPlate. United States Department of Agriculture. Retrieved June 6, 2020, from <https://www.choosemyplate.gov/>

The New Nutrition Facts Label. Food and Drug Administration. Retrieved June 6, 2020, from: <https://www.fda.gov/food/nutrition-education-resources-materials/new-nutrition-facts-label>

Smartwatches

Smartwatches first became popular in 2013 and have continued to increase in popularity. Like traditional watches, these devices tell time; however, smartwatches do much more than that. Smartwatches are often capable of doing everything smart phones do and more. They may track personal health, utilize timing options, communicate through calling or texting, and make payments. A Smartwatch is basically a wearable computing device that resembles a watch. Below you will see some different factors to consider when choosing a smartwatch.

Price: Smartwatches range in price anywhere from \$30-\$1500 (or more!) depending on the features they offer, the model, and the company.

Bands and Color: A wide variety of colors are available, especially for smartwatch wrist bands. Some companies offer designer brand bands which are often very expensive. Make sure that the band fits your wrist comfortable and that the clasp is secure. The face of the watch is usually limited to colors such as black, white, grey, gold, or silver. Some watches offer sport bands for use during physical activity as well as fashion bands for matching one's clothing or other accessories.

Screen: Many Smartwatches have touch screens, but not all do. Buttons, knobs, and dials on the sides are common controls. Watches that are designed to look most like regular watches tend to not have touch screens. Screen size varies.

Battery Life: The battery life of a smartwatch varies based on how it is made and used. Most last around 12-18 hours; some last longer.

Connectivity: Some Smartwatches connect to the internet by connecting to your phone via Bluetooth. Others can connect without your phone using 4G LTE. (a standard for wireless data transmission). This is important to consider if you want to be able to make calls or send texts without your phone nearby.

Compatibility and Synchronization: Smartphones and smartwatches automatically synchronize when a digital connection is detected between the phone and the watch. This means that information that is sent to your phone or retrieved from your phone will also appear on your smartwatch and vice versa. Additionally, you can oftentimes add your personal music service to your watch. When looking for a smartwatch, make sure it is compatible with your phone. Otherwise, you may not be able to use it.

Headphones: Some smartwatches connect to wireless headphones so you can listen straight from your smartwatch and leave your phone at home

Wallet/Payment abilities: Many smartwatches give you the ability to store your traditional payment methods, frequently used on cell phones for contactless payment.

Texting/Calling: Smartwatches have the ability to send a text or call someone from your device. Notifications: from texts, calls, Facebook, Instagram, etc. may also appear on your smartwatch. For some Smartwatches, your phone must be nearby for this to work.

Apps: Some smartwatches allow you to download third-party apps. If there are specific apps that you want to use on your smart watch, make sure that they are compatible with the watch you are selecting.

Do not disturb mode: Most smartwatches are motion-activated, which means that when you move your wrist (especially as if you are going to look at the screen) it lights up. This can be a problem when you want complete darkness (like when you are sleeping or in class). Do not disturb gives you the ability to turn off notifications and/or the screen, without fully turning your smartwatch off.

Health Tracking: Some Smartwatches are designed primarily for tracking health indicators. Others are able to do this through apps you download.

Sleep: Some smartwatches can track your sleep cycle and can detect if you are having quality sleep, based on amount of time slept and amount of movement during sleep.

Calories: You may input what you are eating and it will track nutrition information.

Physical activity: Smartwatches can keep track of steps made and stairs climbed throughout the day and can encourage physical activity through reminders to get up and move. Some can even track different types of exercise, such as swimming and biking. Smartwatches with GPS can map your runs/walks.

Hydration: Apps to log water intake throughout the day can be downloaded to smartwatches.

Heart rate: Throughout the day or throughout working out, your watch tracks your heart rate so you can examine it during exercise or later after the workout.

Stress: reminds you to take a deep breath and focus on being calm when it detects a high heart rate or at specific times of the day.

Clock settings:

Customizable: you may change the way the face of your smartwatch appears. Normally preset options exist.

Alarms/Reminders: you can set your smartwatch to set off an alarm or remind you to do something.

Waterproof: Most smartwatches are waterproof so that you may wear them at all times (while swimming and showering). However, it is important to see the max capacity of meters (or ATM- stands for Atmosphere) it is waterproof. A majority of smartwatches are functional to 5 ATM (or 50 meters).

Remember: 1 ATM = 10 meters

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Gregersen, E. (2019, October 04). Smartwatch. Retrieved July 06, 2020, from <https://www.britannica.com/technology/smartwatch>

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Pajama Pants:

Pajama pants are a common staple item in many wardrobes. This apparel is most commonly used to sleep in; however, with the evolution of loungewear, pajama pants (also known as lounge pants) that may be worn during the day as well. Pajama pants are made in a variety of different materials, and it is dependent on the individual person to decide what is most comfortable. Below is a list of different aspects to consider before buying a pair of pajama pants.

Price: Depending on the material, manufacturer, and brand, pajama pants can range anywhere from \$10.00 to upwards of \$250.00. Ultimately, it is a personal decision of how much you value pajama pants and how much you are willing to spend.

Appearance: Pajama pants come in all different colors, patterns, and prints. They are commonly found in either solid colors or striped, plaid, or floral prints. In reality, pajama pants come in any and all colors and patterns to suit individual tastes.

Material: Material can affect the way that pajama pants fit, feel, and look. Different materials are used for different purposes when it comes to pajama pants. For example, flannel and fleece are more commonly used for pajamas used during colder months. Also, consumers who live in seasonal climates tend to purchase pajamas made of all different materials to keep them warm or cool depending on the specific season. Listed below are a few commonly used materials.

- **Viscose:** Also known as rayon, viscose was originally known as artificial silk due to its soft qualities. It is essentially manufactured regenerated cellulose fiber that is neither natural nor synthetic, as it falls somewhere in between. Chemically, it resembles cotton, but viscose can take on different qualities depending on how it is manufactured.
- **Spandex:** This fabric is a synthetic fiber used for its elasticity. The fabric can stretch 5-8 times its normal size and is commonly used in form-fitting consumer apparel. In terms of pajama pants, spandex is commonly used as an elastic band to secure pants around one's waist.
- **Cotton:** This natural fiber is used to make not only clothes but even food products and currency as well. Cotton is a natural plant and the material is soft, absorbent, and breathable. Cotton is a material that is durable and is easy to maintain. Pajama pants are often made out of cotton.
- **Polyester:** This material is derived from a chemical reaction involving petroleum, air, and water. Polyester is hydrophobic so it doesn't absorb perspiration or other fluids which can leave the wearer with a moist, clammy

feeling. However, polyester is commonly blended with cotton so this feeling is avoided.

- **Silk:** This fabric is considered to be one of the most luxurious textiles. Silk originates from the cocoon of silkworms where it is then delicately extracted and spun into silk yarn. Silk is usually expensive, thus making pajamas made of silk expensive to purchase.

Closures:

- **Waistband + drawstring:** Waistbands are at the top of a pair of pajama pants and are commonly made out of spandex. This is so pajama pants fit securely on the consumer's body. Drawstrings are added in addition to the spandex so that the consumer may adjust the size to fit the body.
- **Button fly/fly:** A button fly or a fly may be used to easily get in and out of pajama pants. This is commonly found on men's pajama pants.

Bottom / Legs:

- **Tapered:** If pajama legs are tapered, this means that the bottom of the pants leg is tight around the consumer's ankle. Joggers and legging style pajama pants are examples of tapered legs.
- **Straight leg:** This is when the pants have a consistent width around the individual's leg all the way down.
- **Wide leg:** is when the pants get increasingly wider and are widest towards the consumer's ankle.

Sizing: Pajama pants come in an array of different sizes (which vary depending on the company). Sometimes, a consumer may wish for a looser pair of pajama pants to be more comfortable. Most companies have sizes ranging from XS-XL but some have XXS-XXL, as well as larger sizes.

Safety: The U.S. Consumer Product Safety Commission sets national flammability safety standards for children's sleepwear to protect children from burn injuries if they come in contact with ignition sources, such as a match or space heater. Under federal safety rules, all children's sleepwear garments sold in sizes larger than nine months must be flame resistant **or** tight-fitting.

Flame-resistant children's sleepwear—Flame-resistant garments do not continue burning when removed from an ignition source. One example is inherently flame-resistant polyesters that do not require chemical treatment.

Tight-fitting children's sleepwear—Garments that meet the sizing requirements to be tightfitting and do not need to be flame resistant because they are made to fit closely against a child's body. Tight-fitting sleepwear does not ignite easily and, even if ignited, does not burn readily. CPSC standards require hangtags and permanent labels on tight-fitting children's sleepwear in sizes larger than 9 months.

The requirements for flammability or tight-fitting measurements do not apply to sleepwear for sizes nine months and under because infants wearing these sizes are insufficiently mobile to expose themselves to an open flame. Do not put children to sleep in T-shirts, sweats, or other oversized, loose-fitting cotton or cotton blend garments. These garments can catch fire easily and are associated with burn injuries to children.

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US Consumer Product Safety Commission. Children's Sleepwear Safety. <https://www.cpsc.gov/s3fs-public/5132.pdf>

Fitness Center Memberships

Fitness center or gym memberships can be helpful in maintaining an active lifestyle. There are several factors that should be considered when comparing and choosing a fitness center membership. When you are looking, you will want to consider what your personal fitness goals are and if the membership will help you meet those goals.

Cost and Membership Type:

Fitness Center / Gym memberships range in price based on the type of gym and what they include. Often, large gyms with multiple locations may have the lowest rates, but this may not always be the case. The cost of the memberships can include gym access, group fitness classes or training, personal training, and more. Sometimes these services are included in a basic membership. In other cases, they may be an additional fee. Many gyms charge a monthly membership fee. Some may offer a discount for paying for a year upfront. Purchasing a gym membership may require signing a membership commitment or contract, which commits you to paying a monthly fee for a certain amount of time (for example, one year). If the membership is ended early, you may be required to pay a fee. Other gyms may allow month-to-month membership with no penalties for cancellation. Sometimes, a fitness center may offer a discounted “introductory” rate for the first 6 months or a year. When you renew, you may be asked to pay a higher rate than new members.

Health insurance plans may provide discounts on a gym membership. Call your insurance plan’s member services number or review your plan information to determine if your insurance plan offers this. There may be special requirements to get reimbursement. For example, you may have to visit a facility a certain number of times a month. Some fitness centers may also offer discounted rates if you join with your family, through your employer, or if you are a student. Some fitness centers will offer a trial period, where you can use the facility and services free or for a discounted rate for a short period while you make your decision.

Fitness Center or Gym Type:

Fitness centers vary in terms of size, specialty, and equipment. Large gyms often offer a wide range of equipment, classes, and services. Smaller gyms may have less equipment and space but offer what you need in a convenient location or at a convenient time. Specialty gyms cater to a specific type of fitness activity, like boxing or CrossFit.

Location:

The location of the gym and fitness center you choose is important. Some people look for a location near their home, while others may prefer one near or on their way to their workplace or school.

Hours and Schedule:

Some fitness centers are open 24 hours a day. Others may have more limited hours or access to certain services may be limited to certain hours. Group or personal classes and training is usually offered on a specific schedule. Look for a membership that will fit your schedule.

Features:

- **Group Fitness:** Check to make sure the type of group fitness classes you enjoy are offered.
- **Dedicated Space.** Some gyms have dedicated space for boxing, squash, racquetball, or basketball. If you are interested in swimming, make sure to choose a fitness center with a pool.
- **Equipment:** Equipment offerings vary widely by gym. These may include free weights, cardio machines, and more.
- **Personal Training:** Personal training, if available, may be included in the membership. However, it is more common for it to be an additional fee.

Additional Services:

Gyms offer an array of other services to get new clients. Some of these services and amenities may include spa services, nutrition or health coaching. These services may increase the cost of the membership, or they may be add-on services.

Resources:

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