

GEORGIA

4-H COTTON BOLL &
CONSUMER JUDGING

2020 Practice Classes

Vending Machine Snacks

Practice Class

Sam is very active in after-school activities. Today, he has band practice followed by soccer practice with only a short break in between. After band practice, Sam realizes he forgot his snack! There is a vending machine outside the band room that Sam decides to buy a snack from.

Sam wants to make sure he will have enough energy to do his best at practice. He knows that he needs carbohydrates and protein for his work out, but wants to limit sugar because he doesn't want his energy to crash before the end of practice. He hopes to get some fiber to stay full. He also knows he will meet his MyPlate needs throughout the day, so he's not very concerned about getting multiple food groups.

Sam plans to eat the whole package of whatever snack he chooses because he knows it will be a while until he has dinner.

#1 Nature Valley Oats 'n Honey Granola Bar

Nutrition Facts				
Serving Size 2 bars (42g)				
Servings Per Container 49				
Amount Per Serving	2 bars		1 bar	
Calories	190		90	
Calories from Fat	60		30	
	% DV*		% DV*	
Total Fat	6g	9%	3g	5%
Saturated Fat	0.5g	3%	0g	0%
Trans Fat	0g		0g	
Cholesterol	0mg	0%	0mg	0%
Sodium	160mg	7%	80mg	3%
Total Carbohydrate	29g	10%	15g	5%
Dietary Fiber	2g	8%	1g	4%
Sugars	12g		6g	
Protein	4g		2g	
Iron		4%		2%
Not a significant source of vitamin A, vitamin C and calcium.				
*Percent Daily Values (DV) are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:				
	Calories	2,000	2,500	
Total Fat	Less Than	65g	80g	
Sat Fat	Less Than	20g	25g	
Cholesterol	Less Than	300mg	300mg	
Sodium	Less Than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Ingredients

Whole Grain Oats, Sugar, Canola Oil, Rice Flour, Honey, Salt, Brown Sugar Syrup, Baking Soda, Soy Lecithin, Natural Flavor.



#2 Lay's Classic Potato Chips

Nutrition Facts	
1 serving per container	
Serving size	1 package
Amount per serving	
Calories	160
% Daily Values*	
Total Fat 10g	13%
Saturated Fat 1.5g	7%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 15g	6%
Dietary Fiber 1g	5%
Total Sugars less than 1g	
Protein 2g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.6mg	2%
Potassium 350mg	6%
Vitamin C	5%
Not a significant source of added sugars.	
* 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.	
Ingredients: Potatoes, Vegetable Oil (Sunflower, Corn and/or Canola Oil), and Salt.	
Frito-Lay, Inc. PLANO, TX 75024-4099 © 2019 Frito-Lay, North America, Inc.	



Ingredients

Potatoes, Vegetable Oil
(Sunflower, Corn and/or Canola
Oil), and Salt.

#3 Planters Nuts & Chocolate Trail Mix

Nutrition Facts	
2 servings per container	
Serving size	(27g)
Amount Per Serving	
Calories	130
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 12g	4%
Dietary Fiber 2g	7%
Total Sugars 9g	
Includes 0g Added Sugars	0%
Protein 4g	8%
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0.36mg	2%
Potassium 0mg	0%
*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.	



Ingredients

PEANUTS, RAISINS, M&M'S® PEANUT CHOCOLATE CANDIES (MILK CHOCOLATE [SUGAR, CHOCOLATE, COCOA BUTTER, SKIM MILK, LACTOSE, MILKFAT, PEANUTS, SOY LECITHIN, SALT, ARTIFICIAL FLAVORS], SUGAR, PEANUTS, CORNSTARCH, LESS THAN 1% OF CORN SYRUP, DEXTRIN, COLORING [INCLUDES BLUE 1 LAKE, YELLOW 6, RED 40, YELLOW 5, BLUE 1, YELLOW 6 LAKE, RED 40 LAKE, YELLOW 5 LAKE, BLUE 2 LAKE, BLUE 2], GUM ACACIA.), ALMONDS, YOGURT COVERED RAISINS (YOGURT COATING [SUGAR, PALM AND PALM KERNEL OIL, NONFAT YOGURT POWDER {CULTURED WHEY (FROM MILK), SKIM MILK}, SWEET WHEY POWDER, NONFAT DRY MILK, ARTIFICIAL COLOR, SOY LECITHIN, LACTIC ACID, NATURAL FLAVOR], RAISINS, CONFECTIONER'S GLAZE [LAC-RESIN, SOYBEAN OIL], GUM ARABIC, CORN SYRUP), DRIED CRANBERRIES, SUGAR, PEANUT OIL, SEA SALT, HIGH OLEIC SUNFLOWER OIL.

#4 Peanut Butter Crackers

Nutrition Facts

Serving Size 1 package (42.5g/6 crackers)

Amount Per Serving

Calories 210 **Calories from Fat** 80

% Daily Value*

Total Fat 9g **14%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 270mg **11%**

Total Carbohydrate 25g **8%**

Dietary Fiber 2g **9%**

Sugars 5g

Protein 6g

Vitamin A 0% • Vitamin C 0%

Calcium 4% • Iron 8%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:



Ingredients:

Whole Wheat Flour, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Peanut Butter (Roasted Peanuts), Sugar, Vegetable Oil (contains one or more of the following: Soybean Oil, Palm Oil, Canola Oil), Dextrose, Leavening (Sodium Bicarbonate, Ammonium Bicarbonate, Monocalcium Phosphate), Cornstarch, Salt, Soy Lecithin (Emulsifier), Caramel Color, Wheat Bran, Deproteinized Dairy Whey.

Correct Placing: 4,3,1,2

Top Pair	Reason for Placing	Grant	Fault
(4,3)	4 is higher in carbohydrates, lower in sugar, and close in protein and fiber to 3	3 has more protein and fiber than 4. 3 has the same number of MyPlate food groups as 4.	3 has the most sugar of the group
Middle Pair			
(3,1)	3 has more protein and fiber than 1. It also has more MyPlate food groups.	1 has less sugar	1 has less protein, fiber, and food groups than 3
Bottom Pair			
(1,2)	1 has more carbohydrates, protein and fiber than 2	2 has less sugar	2 has less protein and fiber

Sam's top priorities are high protein and carbohydrates with fiber. His secondary priority is low sugar. The last priority is number of MyPlate food groups. *Remember, he's eating the whole package so look at servings per container. Use the 2 bar serving label for #1 (Nature Valley Oats 'n Honey Granola Bar) and multiply everything by 2 servings per container for #3 (Planters Nuts & Chocolate Trail Mix).

4 over 3 because 4 has less sugar than 3. 4 and 3 are both high in protein and fiber and have at least 2 food groups.

3 over 1 because 3 has more protein, fiber, and more food groups than 1

1 over 2 because 1 has more carbohydrates, protein and fiber than 2. However, 2 does have less sugar than 1.

Vending Machine Snacks Practice Class

Fitness Center Memberships

Practice Class

Max is a young professional looking for a gym membership. Max is most concerned with having access to basic cardio and weight machines; he is not looking for many “extras”. Max has a work schedule that changes often, so he needs a gym that is open early and late to give him the most flexibility. He does not plan to spend more than \$25 a month on his membership.

#1 Planet Fitness

Planet fitness offers gym memberships for \$10 a month. The gym offers cardio equipment like treadmills, stair climbers, and bikes. It also has a weight room with various weighted machines, free weights, and squat racks. The gym is open 24 hours a day and 7 days a week



#2 Crunch Fitness

Crunch fitness is \$10 a month with a \$30 cleaning fee every 6 months. It is open 24 hours a day and 7 days a week. It has all standard cardio and weight equipment. Group fitness classes can be added for an additional \$10 a month.



#3 Lifetime Fitness

Lifetime Fitness is open 24 hours a day and 7 days a week. It offers many amenities. Lifetime fitness has two sections of workout equipment in the main room. This has a cardio section as well as a section full of weighted machines and free weights. The gym also has a basketball court, rock climbing wall, and pool. After your workout, you can also choose to shower in the locker room, sit in the sauna, or relax in a steam room. Lifetime fitness is \$62 a month with a \$77 initiation fee.



#4 Onelife Fitness

Onelife Fitness offers a membership for students at \$25 a month. For non-students it is \$35 a month. The gym offers all cardio equipment, weight rooms, a basketball court, a locker room with showers, and pool. Its hours are limited. The gym is open on weekdays from 5am-11pm, and Saturdays and Sundays from 8am-6pm.



Correct Placing: 1, 2, 4, 3

Top Pair	Reason for Placing	Grant	Fault
1,2	1 - Has basic cardio and weight equipment, is open 24/7, is \$10 a month. Meets all of his needs at a low monthly cost.	2 - Has basic cardio and weight equipment, is open 24/7, is \$10 a month with \$30 fee every 6 months	2- Slightly more expensive with \$30 fee every 6 months.
Middle Pair			
2,4	2- Has basic cardio and weight equipment, is open 24/7, is \$10 a month with \$30 fee every 6 months	4- Has basic cardio and weight equipment	4- Hours open are more limited; is over budget at \$35 dollars a month.
Bottom Pair			
4,3	4- Has basic cardio and weight equipment , is less expensive than 3	3- has basic cardio and weight equipment as well as many extras.	3- Is way over the amount Max is looking to spend.

Pajama Pants Practice Class

It's springtime and Jimmy has realized that he has outgrown his lighter weight pajama bottoms.

He wants a blue pair that is cotton or cotton blend, has a drawstring + elastic and has a functional fly. His Mom asks him to find a pair online under 20 dollars.

#1 Men's Striped Poplin Pajama Pants in Navy



- \$16.99
- 97% cotton, 3% Spandex
- Full waistband elastic with drawstring
- Inseam length: 32 inches
- Has side pockets
- Vertical Striped pattern
- Functional fly
- Full length
- Imported
- Machine wash & tumble dry
- Sizes: S - XXL

#2 Banana Republic Flannel Pajama Pant with White Pine Print



- \$13.97
- 100% heavy cotton flannel fabric
- Extremely soft
- Elastic waistband and drawstring closure
- Machine wash
- Imported
- Mid rise, relaxed, straight fit
- Faux fly
- Inseam length: 32'
- Has pockets
- Sizes S - XXL

#3 Lands End Men's Broadcloth Pajama Pants



- \$23.97
- Variety of inseam options
- Traditional fit, relaxed, and comfortable
- Smooth all cotton broadcloth
- Has two pockets
- Waistband features a drawstring
- Functional fly
- Imported
- Lightweight and breathable
- Customizable
- Sizes S- XXL (M - inseam 32')

#4 Patterned Poplin Pajama Pants - Palm Trees



- \$19.99
- Elasticized waistband with adjustable drawstring
- Faux fly
- Diagonal on-seam pockets in front.
- Soft-washed, double-brushed, lightweight cotton poplin
- All over print
- 100% cotton, machine wash cold, tumble dry low
- Imported
- Sizes: (S-XXXL)

Correct Placing: 1-4-3-2

Top Pair	Reason for Placing	Grant	Fault
1,4	Is lightweight, \$16.99 (under \$20), blue (striped), 97% cotton, drawstring with elastic waistband, and has functional fly	4 is also lightweight, is 100% cotton, is \$19.99 and thus within budget, is navy blue print and has elastic waistband with drawstring.	4 is more expensive than 1. 4 has a faux fly (non functional)
Middle Pair			
4,3	4 is lightweight, is 100% cotton, is \$19.99 and thus within budget, is navy blue print and has elastic waistband with drawstring.	3 is lightweight, blue (striped), 100% cotton, elastic waistband, and has a functional fly	3 is over budget.
Bottom Pair			
3,2	3 is lightweight, blue (striped), 100% cotton, elastic waistband, and has a functional fly	2 is under budget (13.97), is 100% cotton, has elastic waistband with drawstring	2 is flannel- more appropriate for cold weather, is a white print, and has faux fly

Smart Watch Practice Class

Jennifer wants a Smart Watch. She has a \$300 gift card from her birthday to use for this purchase. Jennifer is a generally active person - she is always on the move whether she's walking to work, her local coffee shop, or going to the gym. Jennifer wants a smartwatch that will help her track activity in correlation with her iPhone. Jennifer uses Spotify to listen to music and hopes that her smartwatch will be compatible. A long battery life that gets her through the day is important (12+ hours).

#1 Apple Watch Series 5

- \$399.00
- GPS and cellular
- Access to all iPhone apps, including Spotify
- Has texting and calling
- Tracks steps and activity
- Optical and electrical heart sensor
- Syncs wirelessly
- Wifi and Bluetooth
- Up to 18 hours of battery life
- Water-resistant 50 meters



#2 Fitbit Charge 4

- \$149.95
- Compatible to use with iPhone (not all third party apps compatible)
- Smart features: timer, weather, and stopwatch apps, syncs wirelessly, has sleep mode, payment, Spotify control, do not disturb mode, smartphone notifications - send text notifications and quick replies
- Up to 7-day battery life
- Exercise features: real-time pace & distance with GPS, floors climbed, swim-proof up to 50 M, heart rate zones
- Customizable touchscreen
- Health features: sleep tracking, heart rate tracking, calorie burn



#3 Huawei Watch 2 Sport Smartwatch

- \$275.00
- Compatible with iPhone for some apps/features
- Built-in GPS and continuous heart rate, sleep tracker, workout coach, activity tracker
- Google assistant - make payments and have a personal voice assistant
- Listen and download music through google play; does not allow full use of Spotify
- Battery life: 2 days
- Waterproof up to 10 meters



#4 Moto 360 Smartwatch

- \$349.00
- Sensors: accelerometer (activity tracker), barometer, heart rate, light sensor
- Bluetooth, Wi-Fi, NFC (payment)
- Battery: up to 18 hours
- Waterproof up to 30 meters
- Stream or download music from Spotify, Pandora, and Google Play
- Water resistance: 3 ATM



Correct Placing: 2,3,4,1

Top Pair	Reason for Placing	Grant	Fault
2,3	2- tracks activity, compatible with iphone, under \$300 (149.95), works with Spotify, 7 day battery life	3- tracks activity, works with iphone, under \$300 (275.00), battery life 2 days	3- can't control Spotify from watch, more expensive than 3
Middle Pair			
3,4	3- tracks activity, works with iphone, under \$300 (275.00), battery life 2 days	4- tracks activity, works with Spotify, battery life 18 hours	4- over budget at 349.00
Bottom Pair			
4,1	4- tracks activity, works with Spotify, battery life 18 hours	1- tracks activity, works with iphone/Spotify, 18 hour battery life	1- \$399 – over 300 dollar gift card limit.