

GE  **RGIA**

4-H COTTON BOLL &
CONSUMER JUDGING

2022 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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Tablets

Tablets are technical devices that are usually smaller than a computer, but larger than a cell phone. Tablets are available in a number of different options and even cater specifically to adults and children. These devices offer entertainment options such as games and music, as well as means for work completion.

- *Internet Access:*

Usually, you'll want to stick with Wi-Fi unless you know you'll need to use your tablet in places without Wi-Fi. Monthly data charges for cellular activity will quickly add up. Since Wi-Fi is often readily available, use it instead of cellular connectivity. If a tablet with cellular connectivity is selected, consider the speed of the wireless network. Recognize that if cellular connectivity is chosen a monthly data plan will also cost money.

- *Battery:*

Battery life is very important. A good battery should last at least 10 hours on a single charge. Most tablets will hold a charge for days or weeks if not used much. Different activities drain a battery at different rates. For example, playing graphically intense games depletes battery power much faster than flipping through pictures.

- *Storage:*

Choose a tablet with adequate storage capacity. Between apps, movies, and photos, the storage on a tablet will fill up fast. Get as much storage as you can afford. Once a tablet's storage capacity is full, you'll have to decide what to delete in order to make room for new stuff. Most tablets vary in capacity from 16GB to 128 GB. How much space needed depends on how the tablet will be used. Choosing a device with at least 64 GB of storage is often enough for general use. Some tablets offer expanded storage via microSD cards or something similar; however, research those options and the costs associated with those options before purchasing a tablet. Also, a few tablets can read USB flash drives, or offer adapters (purchased separately) to connect flash drives.

- *Portability:*

Most tablets with displays 8 inches or smaller weigh well under a pound and are very thin. Larger displays can provide a better experience for watching movies, reading, or using productivity and art apps, but the larger size can be harder to hold with the hands and can cost more money.

- *Adaptability:*

A detachable keyboard turns your tablet into a mini-laptop. A keyboard or stylus can really turn your tablet into a productivity device and are available for most tablets. The stylus can significantly improve a tablet to allow it to become a sketchbook, although prices for accessories like the stylus can be expensive and are not sold with some brands of tablets such as iPads.

- *Purpose:*

Consider the purpose for the tablet. If it is being purchased for a child, then focus on one that is made for that and contains parental controls and offers protective cases. If it is being used more for study or work purposes, make sure the table can run the apps you need. If reading is the primary focus, a simple reading tablet can serve that purpose and will be more cost efficient. Also explore whether or not tablets will allow multiple accounts to be setup on a device so that it can be used by more than one family member. Apple iPads only

allow one user account to be logged in at a time. While TouchID will allow multiple people to unlock the iPad with their fingerprints, they all have to share the same apps and home screen. For multiple user accounts, Android may be the best choice as it allows a primary account, secondary accounts, and a guest account, as well as restricting what apps a given profile may install on the device.

- *Price:*

Price is critical to selecting a tablet within one's budget. There is a wide price range on tablets available from less than \$100 to over \$1,000. While purchasing a more inexpensive tablet may be more economical, check out the storage available on the tablet. Remember that if cellular connectivity is an option and is chosen, then there will be an additional monthly charge related to accessing the internet with that tablet.

- *Operating System:*

Choose an operating system for the tablet. Some options are listed below with strengths and weakness.

- Apple iPadOS:

This is basically a version of iOS adapted for iPads. It is a well-designed interface that offers access to a variety of great games and apps via the Apple App Store, as well as deep integration with other Apple products owned.

- Android:

Google's Android OS is almost certainly more popular by volume. A Samsung tablet will likely come with a version of Android. In its pure form, Android is just as easy to navigate as Apple's iPadOS. Also, the Google Play Store offers access to a similarly vast selection of apps and games on the tablet.

- Chrome OS:

Google is also responsible for Chrome OS, the stripped-down operating system that Chromebooks utilize. Web browsing is the central focus of Chrome OS, though it can also download files and run Chrome apps, as well as Android apps from the Google Play Store. While most Chromebooks are laptops, there are some great Chrome tablets on the market that are cheaper and less powerful than most others. The screens of these devices are usually lower-quality screens; however, if one just needs a device to browse the web, then a Chrome tablet might be the perfect fit.

- Amazon Fire OS:

This operating system is cheap and runs on Fire OS, a version of Android that Amazon has customized to best display its content and apps. Fire OS is a streamlined and more limited version of Android. It only allows apps from Amazon's App Store to be installed, which is a much more limited selection of Android apps than the Google Play Store. This means that Google apps like YouTube or Gmail cannot be accessed. However, Fire OS is useful for reading books and streaming video.

- Windows:

More tablets are hitting the market that have Windows OS from Microsoft. While this operating system cannot match the navigability or app ecosystem of iPadOS or Android, it is a full desktop meaning it can open just about any file, run almost any program, and hook up a keyboard to function more as a regular computer.

- *Display:*

Tablets typically fall into three categories: compact (5-inch to 8-inch), medium (over 8-inch to 11-inch), and large (over 11-inch). The square screen is better suited to most uses than a long, narrow screen. However, rectangular screens like those in the 16:9 ratio held

horizontally offer a wider landscape view that is better for watching movies. Compact tablets are portable, lighter and easier to carry, as well as being cheaper. Medium and large tablets provide a bigger screen area that can be especially useful for productivity apps, games, and web browsing.

- *Screen Resolution:*

Display resolution is expressed in pixels-per-inch (ppi) and the higher the resolution the sharper text and images will appear. The display resolution generally ranges from 1024 x 600 pixels up to 2560 x 1700 pixels. Higher resolution screens require faster processors to manipulate all those extra pixels and consume more power, affecting the device's battery life.

Resources:

Tablet buying guide: 7 tips you need to know

<https://www.tomsguide.com/news/tablet-buying-guide-tips>

Tablet Buying Guide

<https://www.consumerreports.org/cro/tablets/buying-guide/index.htm>

How to buy the best tablet <https://www.choice.com.au/electronics-and-technology/tablets-and-personal-media-devices/tablets/buying-guides/tablet-computers>

Backpacks

Backpacks are bags used for various purposes such as transporting camping or hiking supplies, textbooks, work essentials, and personal belongings for a trip or vacation. Keeping in mind the purpose for a backpack and the budget for purchasing one will guide one's decision. While a cheaper option may seem the better buy, there are some factors to consider other than cost alone.

Proper fit and comfort are important considerations. The backpack chosen should be proportional to body of the individual it is being bought for, should be durable, comfortable, and have personalization options. The perfect backpack should be able to double as a travel backpack and a day pack or work backpack. However, there are activity-specific backpacks that can hardly double as a multipurpose pack. A hiking backpack should never be turned into a travel backpack and vice versa. The size, materials, frame, lack of compartments, and inability to be locked down disqualify hiking backpacks for the most reliable travel pack position. Primary factors to be considered when selecting a backpack include durability, comfort, and price. Other factors to be considered include size, comfort features, water resistance, compartments, internal frame, lockable zippers, pockets, and fabrics.

Size

Depending on purpose and the individual the backpack is being bought for, choose the appropriate size. Make sure the backpack is big enough to fit all belongings and small enough to be easily carried. Another consideration is that it meets requirements for most airline carry-on size requirements, if one travels frequently. This size is typically 22" x 14" x 9" (inches). Weight limits also exist for carry-ons and may be as low as 15 pounds. Backpack size is typically measured by volume (i.e., liters) rather than the load they can hold. For a week-long trip, a woman generally needs a 30 Liter or 35 Liter backpack, while a man needs 40 to 45 Liters. For hiking, 80 Liter backpacks are needed to fit all the camping gear or for those who overpack.

Padded pads and straps

Look for a backpack that is comfortable to wear even when heavy loads have to be carried. A good travel backpack should come with padded shoulders, padded back, and an adjustable padded hip belt. A daypack or work backpack can go without the hip belt. The hip belt and adjustable straps for the chest ensure that the load is evenly distributed across the torso instead of pushing down on the shoulders and hips, which can contribute to back issues. People with weak joints or back issues should steer clear of backpacks when hauling large loads and should choose a wheeled duffel bag instead or a rolling suitcase.

Water resistance

If this is a desirable feature, look for a pack to be water resistant enough to ensure that belongings don't get wet by choosing one made of nylon fiber.

Multiple compartments

An ideal feature is a pack that has tons of compartments to keep gear organized. When compared to travel backpacks, hiking backpacks lack organizational compartments and usually require digging around for items due to design with the opening at the top and no compartments. A great travel backpack has extra compartments to keep shoes, toiletries, dirty clothes, and clean laundry separate. It should also come with front compartments to have easy access to essentials

while travelling. A roomy main compartment and an organizational panel to hold small items like a phone, cards, pens, medicine, etc. in the front are nice features for a backpack.

Laptop compartments

A work backpack or a school backpack needs a nicely padded laptop compartment. Even a carry-on travel backpack needs one if plans include going on a business trip and needing the computer. The compartment should be designed so that the laptop stays suspended to prevent it from accidentally meeting the asphalt when the owner is not careful with putting it down.

Internal frames (optional)

Frames are optional, but they can add much-needed structure especially to bulky backpacks. School backpacks and daypacks do not have internal frames. Travel packs and hiking packs usually come with an internal or external frame. Backpacks with external frames are great for long hiking trips because they offer more ventilation and stability than their internal counterparts. Internal frames make versatile backpacks as they are invisible and usually lighter than external frames.

Lockable zippers (optional)

For serious travelers, lockable zippers are a must in order to discourage thieves. Make sure that every compartment, or at least the main one, has zippers that can be locked together with a padlock. The padlock should be TSA-approved to prevent them from breaking into the bag.

Pockets

Any extra feature is a big plus for a backpack as long as it is useful. For really small items like coins, pens, and snacks, easy-to-access compartments or pockets can be handy. Also, side mesh pockets for water bottles are nice to have as long as the pocket is not too loose or too tight and the compression straps do not block access to the water bottle while on the road.

Fabrics

The materials used in a backpack can greatly improve its durability and desirability. A tough material like canvas can make a pack heavier, which is less than ideal for long trips or hiking expeditions. However, canvas is a sturdy and durable material that can offer superior water resistance if coated with waterproof wax. The major downsides of cotton canvas are the weight and low abrasion resistance. In humid environments, cotton canvas bags may rot or develop mold. However, canvas is still a pretty popular material in kids' backpacks. Lighter materials, such as nylon, make for a lighter backpack, but one that lacks structure or durability. Nylon is usually treated with silicone or PVC for water resistance. Treated nylon is relatively abrasion resistant but offers little to no breathability, which might cause the backpack to become a breeding ground for mildew especially if water seeps inside through the zippers. A variety of nylon is rip-stop nylon, which is a type of fabric with tightly sewn threads to prevent tears from becoming a disaster. This material is a popular choice for backpackers.

Polyester is a material less rugged than nylon or canvas, but is very resilient when it comes to sun damage. UV radiation does not only cause colors to fade, but it may also destroy a fabric during prolonged sun exposure. UV resistance is a great bonus of polyester backpacks. Another factor that may influence fabrics' level of UV resistance is color. Darker tones tend to absorb more UV light, leading to quicker deterioration of the fiber, while lighter tones tend to repel UV light.

A popular nylon that is widely used in premium backpacks is Cordura, a high-tech performance fabric that is sturdier and more durable than regular nylon and packs plenty of water resistance. If

looking for a puncture-resistant material that feels like cotton but offers plenty of ventilation and minimal water absorption, then Codura is a good choice. The only major downside of this fabric is that it is a great lint and dust attractor.

How to Choose a Backpack?

<https://totebagfactory.com/blogs/news/how-to-choose-a-backpack>

How to Choose the Right Back-to-School Backpack

<https://www.verywellfamily.com/choosing-the-right-school-backpack-4064666>

Best Backpacks Buying Guide

<https://www.consumerreports.org/cro/backpacks/buying-guide/index.htm>

Fast Food Breakfast Meals

Although fast food was once defined by a drive-thru window and greasy burgers, fries, and shakes, there are now many styles of “fast food” that include walk-up counters and curbside pick-up. Even though choices have greatly expanded in recent years, it can be hard to find a nutritious and economical choice, especially for breakfast. Fortunately, most fast food restaurants have increased their offerings of healthy foods due to consumer demand and public health concerns like obesity and nutrition-related chronic diseases (diabetes, high blood pressure, osteoporosis, etc.). A little knowledge and the resources provided by fast food restaurants can equip you to make a smart decision. Because the nutrition information can be overwhelming, this study guide directs you to key points to consider. Some fast-food breakfast meals can provide a convenient way to meet several of your MyPlate food groups and start your day off well.

However, many fast food breakfast choices are high in sodium (salt), saturated fat, and trans-fat, and low in the vitamins, minerals, and fiber that you need to grow and live a healthy and active lifestyle. Fast food meals are convenient and often cheap, so it can be tempting to choose the least expensive option. It is important to consider, though, that an item with more nutritional value may be worth the price. Consumers should compare prices, nutrients, and food groups within each meal. The following information will help you choose a healthy and affordable fast food meal to meet your specific needs.

Cost

The cost of fast food breakfast meals can depend on the restaurant and the ingredients in the meal. You can purchase single fast food items, such as a chicken biscuit alone, or a full meal, such as a chicken biscuit with a side and drink. A full meal may seem like a better value for your money. While budgeting is always important, many sides and drinks contain large amounts of saturated fat, sodium, and added sugars. Therefore, choosing healthier sides, even if they are slightly more expensive, is a good investment in your health. To help offset the additional cost of healthier sides, ask for a water cup instead of a soda. You can also simply choose the individual entrée to keep the price down and help you avoid the saturated fat, sodium, and added sugars in many sides and drinks.

Nutritional Value

Think about trying to get the most nutrition for the calories you are taking in. Meals are where we get most of our energy (calories) and nutrition (carbohydrates, proteins, fats, vitamins, and minerals) You do not have to choose the option with the lowest calories. Look for 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).

Almost all fast food restaurants have nutrition facts for their menu which are easily found on their website, or you can ask for the nutrition facts in person, which should be available for any restaurant

that has at least 20 locations. Remember, though, that fast food meals are not always the healthiest option. While they contain MyPlate food groups, they are often high in calories, salt, saturated, and/or *trans* fat, providing more than you should be having at each meal. Therefore, it is best to only have them sometimes and not every day.

Ingredients

Fast Food breakfast meals can have a very large list of ingredients because there are often several foods in one meal. Use the ingredient or food content list to identify the foods that belong to different MyPlate food groups, such as grains, vegetables, proteins, 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 meal to make sure you are getting the most nutrition that you can.

MyPlate Food Groups

Fast Food Breakfast menus may be more limited than menus offered at lunch and dinner. 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 choice?

One place to start is to look at your MyPlate food groups. The best meals will have ingredients from multiple food groups. This will provide a wider range of vitamins and minerals while helping to keep you satisfied. Whole grains, proteins, fruits, veggies, and low-fat dairy are going to be the most common healthy foods found in fast food breakfasts

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.

Vegetables provide fiber and a many vitamins and minerals. Starchy vegetables, like potatoes and corn, provide healthy carbohydrates as well. Beans and peas, like black beans or refried beans (mashed pinto beans), also provide plant-based protein. Potatoes are easy to find in fast food breakfast meals, but other vegetables are less common.

Fruits provide fiber and healthy natural sugars. Fruit is increasingly being offered as a side at restaurants.

Chicken, beef, pork, and eggs are common **protein** foods found in fast food breakfast options. Some breakfast meats, like sausage and bacon, are high in fat and sodium and should be eaten in moderation. Remember to look for items that are grilled instead of fried to reduce the saturated fat. Plant based protein options are becoming more popular; these may include beans, soy, and other plant protein sources.

Many frozen meals contain cheese, a **dairy food**. The cheese used in frozen meals is sometimes processed cheese food or cheese flavors that do not count toward your daily dairy needs. Some frozen meals are made with real cheese. Check the ingredients list. Consider pairing your meal with a glass of low-fat or fat free milk or yogurt if your meal does not contain any dairy. Choosing low-fat milk as your beverage or yogurt as a side are great ways to get your dairy foods. Many fast food breakfast meals may have cheese, added, which is also a dairy food. However, it is important

to consume it in moderation, as the type used in many fast food restaurants are high in sodium and saturated fat.

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.

- When having a fast food meal, one meal should provide approximately 400 - 800 calories, depending on the person's age, gender, body size, activity level, and health needs. Don't forget, this includes all dressings, dips, sides, and any extras like toppings. If the meal is less than 400 calories, consider adding a food from a MyPlate group that is missing, like a piece of fruit or a glass of milk. Usually meals have more than one component to them, such as an entrée and a side, so if the calories seem very high, try replacing the side with a side of fruit.

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 fast food meal 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 meals 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 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 sweetened sauces.

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, it's probably best to

choose meals without low and no calorie sweeteners. Most fast food breakfast meals do not contain low or no calorie sweeteners, but it's good to be on the lookout for them.

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 are bad for 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 frozen meals 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.

Fried foods, which are a popular choice in fast food restaurants, are often high in saturated fats. Choosing grilled, baked, or broiled options often is an easy way to reduce the saturated fat in a fast food meal.

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. It is important to get protein in each of your meals because it keeps you full and helps ensure you get enough protein throughout the day. In general, choose meals 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 like frozen meals. Of the four vitamins and minerals listed on the nutrition label, frozen meals 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 have changed, and some packages will have an old version and most will 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 2020 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 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, and sugars).

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	
Calories	230
	<small>% Daily Value*</small>
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%
<small>* 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.</small>	

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

Serving size tells you how much of this food people normally 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

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.

Sources

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/newnutrition-facts-label>

Athletic Pants

Athletic pants are used for a variety of reasons: exercise, comfort, and recreational activities. Several factors to consider when purchasing athletic pants include cost, waistband fit and comfort, fabric quality, overall fit, and ease of dressing. The clothes worn for a workout can affect how one feels following exercise, so selecting the appropriate active wear is important.

Cost

A wide selection of active wear is available and can range widely in cost. One must consider the purpose for the purchase and the budget for buying these pants. Brand names, as well as department store brands, are available. Choosing the most budget friendly option may work, but be cautious to select pants which will be durable for a reasonable time.

Waistband Fit and Comfort

It is important to look for a waistband that has elastic, a drawstring, or is otherwise adjustable. Similar to shorts, the waistband should feel snug against the hips without being too tight. If shorts or leggings will be worn underneath the pants, make sure the waistband is roomy enough to comfortably accommodate those layers.

Fabric Quality

The best fabric for athletic pants depends on the activity for which it is used and the weather/environment for that activity. For a cold-weather run, pants that are wind-resistant are preferable. However, keep in mind that heart rate and body temperature will increase during exercise. Layering shorts with athletic pants can assist with that type of setting. If one will be sweating during exercise, material that is sweat-wicking and breathable should be chosen. Many synthetic fabrics are available to help sweat evaporate quickly and keep the body cool. Be sure to keep the moisture-wicking layer next to skin and the insulating layer on top of that.

If the pants will only be worn as a top layer before and after the workout, then sweat-wicking material is not important. In this case, cotton may be appropriate as it is naturally a breathable fabric and helps regulate temperature. Prioritize fabric for athletic pants by temperature of environment in which active wear will be worn.

Fabrics that are made out of rubber-based or plastic-based materials should not be used as they do not allow sweat to evaporate and cause body temperature to elevate during a workout.

Additionally, and equally important, the fabric of the pants should be comfortable against skin, regardless of the activity being done.

Overall Fit and Styles

It is a personal preference as to the fit on the legs, whether it is tight or loose. One should consider the activity that the pants will be worn for to help determine what style is desired.

For running and biking, a tighter fit is likely more appropriate to prevent pants getting tangled up in feet or in pedals, while a looser option would be advantageous during a hike, on the way to the gym, or for relaxing at home. For yoga or Pilates, stretchy, fitted fabrics that are moisture-wicking are useful.

Several length options exist for athletic pants including capri, alternate length, and full length. Additionally, legs can fit snugly and provide compression, be a regular/loose fit, or have a wide leg for extra comfort. At the ankle, the cuff can contain elastic, be flared, or be straight.

Ease to Put On and Take Off

Pants to be worn only before and after a workout as a warm layer over shorts or leggings should be easy to put on and take off for convenience.

Joggers

One new trend in pants considered to be active wear is joggers. These are athletic pants originally intended to be worn for exercise; however, like other active wear, these can be worn for many purposes. Joggers are used for sports, lounging, and everyday attire. Generally, joggers are traditional sports pants that are lightweight, comfortable, and have an athletic appearance. Widest at the top and tapering down the leg, joggers fit the ankle closely due to elastic at the bottom of the leg and feature either a drawstring waist or an elastic waist. This type of pants started out as a form of sweatpants, yet today these are made of different types of material and come in a variety of fits and styles that are more sophisticated and tailored.

What to Look for When Buying Activewear

<https://www.self.com/story/what-to-look-for-when-buying-activewear>

Joggers: How Should They Fit and When to Wear Them?

<https://www.tascperformance.com/blogs/articles/joggers-how-should-they-fit-and-when-to-wear-them>

Choosing the Right Workout Clothes

<https://www.everydayhealth.com/fitness/choosing-workout-clothes.aspx>