

GEORGIA

4-H COTTON BOLL &
CONSUMER JUDGING

2019 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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Breakfast Cereals

Breakfast cereals are a staple in the diets of many Americans, offering a variety of flavors that pair well with milk, fruit, or even yogurt. Breakfast cereals range from warm cereals, namely oatmeal or grits, to ready-to-eat cereals, which are typically eaten with cold milk. Breakfast cereals are often fortified with many essential vitamins and minerals, and the majority of calories come from carbohydrates, not protein or fat. Having a little knowledge about the nutrition facts of breakfast cereals can help you make a smart decision. This study guide gives you a few key points to consider when comparing different types of breakfast cereals.

Breakfast cereal can provide a convenient and fast way to meet several of your MyPlate food groups and nutrient needs. Choices of breakfast cereals have greatly expanded over time; and although they are affordable, they often come loaded with large amounts of sugar and little fiber or protein. It can be tempting to pick the sweetest flavor or fun ingredients like marshmallows. However, it is important to remember that breakfast is your first meal after sleeping for 8 or more hours, and having a balanced meal with both protein and healthy carbohydrates can help set your day up for success. In fact, eating breakfast every day has been found to boost academic performance and allow for better control of body weight. Consumers should compare prices, nutrients, and food groups within each cereal type to make the best choice overall. The following information will help you choose a healthy breakfast cereal to meet your specific needs.

Cost:

The cost of breakfast cereals can depend on the brand, the store where the cereal is being purchased, and the ingredients in the cereal. At convenience stores, you can purchase single serving cereal containers, so you can easily compare the prices for one serving by looking at the price sticker. At grocery stores, cereal is typically sold in a large box with 6-12 servings. In this situation, you can compare the cost per serving. Some cereals may cost a little more than others, but spending a little more money to make a healthier choice when you are having cereal for breakfast is generally a better investment in your health.

Nutritional Value:

Breakfast is where we get a substantial amount of our energy (calories) and nutrients (carbohydrates, protein, fats, vitamins and minerals). Think about trying to get the most nutrition for the calories you are taking in. You don't 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).

While ready-to-eat breakfast cereals can be a healthy option, you should consider variety in what you have for breakfast. So try some different choices like eggs and whole grain English muffins or Greek yogurt and fruit at other times or with your cereal.

Ingredients:

Breakfast cereals can have a very large list of ingredients because they often contain many grains, sweeteners, including sugar, and essential vitamins added in to "fortify" the cereal. 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 meal to make sure you are getting the most nutrition that you can.

MyPlate Food Groups:

Breakfast cereals are typically made primarily from different types of grains. Some cereals have nuts or dried fruit in them, but it is typically not enough for a serving of protein foods or fruit for MyPlate. For dried fruit, $\frac{1}{2}$ cup counts for 1 cup of fruit for MyPlate, and $\frac{1}{2}$ ounce of nuts would count as 1 ounce of protein. Breakfast cereals rarely have this much dried fruit or nuts per serving. Still, these foods add flavor, texture, and nutrition to your bowl! If you want to have cereal for breakfast, choosing non-fat or low-fat milk or yogurt as your base is a great way to get dairy foods.

Remember, grains can provide healthy carbohydrates, fiber, B vitamins, and the essential mineral iron. Fiber and iron will always be listed on the nutrition label, so look for breakfast cereals that have more of these healthy nutrients. B vitamins and magnesium can be listed on a nutrition label, but it is not required. Many foods contain these nutrients even though they are not listed on the label. So, don't use B vitamins or magnesium as a deciding factor between cereals, unless all cereals you are comparing have the magnesium and B vitamin information listed on the label.



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.

- Breakfast should provide approximately 500 calories, depending on the person's age, gender, body size, activity level, and health needs. When eating cereal, this includes milk and any other toppings such as fruit added to or eaten with the cereal.
- Dry cereals range in calories from approximately 70 to 300 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 cereal typically range from $\frac{2}{3}$ cup to $1\frac{1}{4}$ cup. If the serving size is 1 cup and you pour 2 cups in your bowl, 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 cereal 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 cereals 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 cereal to sweeten it provides energy with few or no nutrients and no fiber. This is called "added sugar." Added sugar can be found in foods like dried fruit, flavored milk or yogurts, granola, so be careful if you're adding these to your breakfast cereal. You can also look at the nutrition facts label to see if sugar is added to the dried fruit or nuts in the cereal. 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, 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 breakfast cereal, it's probably best to choose breakfast cereals 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 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 breakfast cereals 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 breakfast, 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 breakfast cereals 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 that you buy at the grocery store, and of the four vitamins and minerals listed on the nutrition label, breakfast cereals 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. For the consumer judging project, we will just provide examples from the same kind of label.

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 breakfast cereals, 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, sodium, saturated fat, protein, and fiber).

CHECK YOUR KNOWLEDGE (answers on the next page)

1. Which ingredient is a source of added sugar?
a. Dried, unsweetened apples b. Honey
2. If you are trying to limit the amount of fat you consume with breakfast, what would be the best type of milk to choose?
a. 1% milk
b. Skim
c. 2% milk
d. Whole milk
3. Which breakfast cereal is the best in regards to calcium?
a. Meal A = 200 mg b. Meal B = 150 mg
4. Which nutrient helps us feel full, aids in digestion, and is found in fruits, vegetables, and whole grains?
a. Protein b. Fiber
5. What food could you add to your breakfast cereal with milk to increase the amount of vitamins and minerals and the number of food groups in your meal?
a. Honey b. Banana c. Toast
6. True or False: A breakfast cereal lower in calories is always the best option.
a. True b. False

Check Your Knowledge Answers

1. b
2. b
3. a
4. b
5. b
6. b – remember, not all lower calorie meals are healthy, and neither are all higher calorie meal

Jeans

A good pair of denim jeans is a great investment. They can be worn with a variety of different outfits for multiple different uses. From school, to work, to an outing with friend; jeans can be perfect for many occasions. You must consider a number of factors in order to find a reliable, comfortable, and cost-effective pair. The following information will help you find the perfect pair for you.

Price:

The price of jeans can depend of numerous factors including brand, quality, and style. A low-priced pair of jeans would be \$30 and lower. Mid-priced jeans can range anywhere from around \$31-\$100. A High-priced pair of jeans would be \$101+. Very high-priced jeans could be up to hundreds, or even thousands, of dollars.

Fabric:

Denim is a yarn-dyed cotton twill available in several weights, ranging from light weight as used in shirting, to heavy weight as used in construction work dungarees. Yarn-dyed means the denim was dyed before it was woven into cloth (some denim may be dyed after construction). Twill is a weave that has a diagonal to it.

Denim can differ in fiber content from 100% cotton to blends of cotton, polyester, and spandex. Some notable differences are as follows:

- 100% cotton denim: More breathable than cotton blends. Very high durability. Long lasting. Very little stretch/elasticity, jeans hold their shape. 100% cotton jeans are less likely to pill (form fuzzy balls which cling to the surface). 100% cotton jeans become softer as they are worn and washed.
- Cotton-Blends: Adds stretch to jeans. Decreases the durability of the jeans. Blend-jeans are usually a combination of cotton, polyester, and spandex.
- Jeans made of blends may remain relatively stiff after wearing and laundering. They may also pill more easily.

Color and Design:

Denim can be dyed or printed in a variety of colors or patterns, from the traditional indigo blue to any color under the sun including greens, yellows, and reds. In classic denim, the warp is dyed indigo blue and the filling is white. Denim may be napped, printed, ripped, or otherwise modified to meet fashion demands.

Distressing Modifications:

- Whiskering- adding lines that look like crease lines
- Ripped/Frayed – small rips and tears purposely added
- Destroyed – excessive ragged edges and holes purposely added

Wash: Wash refers to the color and shade of the denim.

- Light wash: light blue colored denim
- Medium wash: classic “blue-jean” colored denim
- Dark wash: dark navy colored denim
- Stonewashed, Acidwashed- To give lighter, speckled, or aged looks.

Rise:

Rise refers to where the jeans fall on your hips. Sometimes men’s jeans do not specify varying styles of rises. Rise is commonly specified for women’s jeans.

- Low rise
 - Low on to below the hips; Typically 8cm lower than the navel
- Mid rise
 - Between the hips and belly button; Typically 7-3cm lower than the navel
- High rise

- Sit high on, or above, the waist; Typically on or above the navel

Legs:

There are many different leg styles now available. These are some of the most common you may find.

- Flare: Flare leg jeans typically fit lower on the hip or extra low. The rear and thigh fit is usually slim for women, and the bottom leg opening 21 to 27 inches, flaring out from just below the knee.
- Boot cut: The leg bottom opening typically ranges from 18 to 20 inches. The fit through the rear and leg may be slim or relaxed
- Straight: Straight cut jeans are looser than skinny jeans, but not as wide as boot cut. Many people think of straight cut as the original or classic jean.
- Boyfriend: Some straight cut jeans for women are referred to as boyfriend or boy cut. Boyfriend cut jeans are much more relaxed than a skinny jean. They are known for a comfortable and loose fit.
- Skinny: Skinny jeans have a slim fit all the way to the ankle, hugging the thighs and calves. There's no tapering or flare in the leg area.

Sizing:

Many designer brands use UK and European sizing which can be converted to US size with a sizing chart. In some cases you can even find jeans based off of the standard XS-XL sizing chart. Men's sizing is most often done by waist size and inseam length (length of leg), for example 33-34. Women's sizing is often based only on waist size with petite, average, and tall options.

Seams:

Flat fell seams have two rows of stitching and are enclosed on both the outside and inside of the jeans. Seams of this type leave no open seam allowances to unravel during wear and laundering. Make certain the seams are neatly constructed and firmly stitched. Where seams are not flat fell, they should be serged (overcast with thread) to cover the raw edge and reduce raveling. Seams that join at the crotch and in the back should meet accurately for smooth contour, comfort, and durability of the garment.

Waistband:

A waistband made of two or more layers of fabric will reduce stretching in the waist area. If the jeans have no waistband, look for interfacing (an extra layer of firm fabric sewn into the waist seam for stability). Some jeans may have a stretch waistband for comfort.

Reinforcements:

Look for rivets or bar tacks (stitches used to reinforce) or at places of stress like corners of pockets, belt loops and the bottom of the zipper. These help reduce stress on seams and increase durability.

Zippers:

Metal zippers are more durable than plastic or nylon. The zipper will be most secure if the fabric on both sides has been turned under and stitched.

Other factors to consider:

- Dark color dye from jeans may rub off onto other fabrics, especially when they're new.
- Tumble dry and remove jeans from the dryer promptly. Drying in an overly hot dryer may cause excessive shrinkage even on jeans which should not shrink more than one percent. Air dry to reduce shrinkage if that is a concern.
- All-cotton jeans in dark colors and heavy-weight fabrics do not show wrinkles easily. If you do iron jeans, use a steam iron.

TENTS

Tents can be used for numerous occasions in a variety of different destinations. You must consider a number of factors in order to find a reliable, easy-to-use and affordable tent that fits the consumer's needs. There are several different types, quality and styles of tents available on the market. The following information will help you find the tent that works for you.

Seasonality:

Sometimes, tents are referred to as 3-Season Tents, 3-4 Season Tents, or 4- Season tents. This designation refers to the seasons for which they are best suited.

- **3-Season Tent:** The most popular choice. 3-season tents are lightweight and best designed for spring, summer, and fall. They often include materials and features to keep them cool and boost airflow, like mesh panels.
- **3-4- Season Tents,** or extended season tents, are made for extended 3-season usage. They often offer a combination of ventilation, strength, and warmth-retention. They are sturdier and may have fewer mesh panels than a 3-season tent. However, they are not as well equipped for harsh winter weather.
- **4-Season Tents** are made to withstand wind and snow and are often used for mountaineering. Their main function is to stand up to winter weather like wind and snow. They have less ventilation, which retains warmth in the winter but may be uncomfortable in winter months.

Size and Weight:

When purchasing a tent, you will want to consider the size you need. Most often, the size of a tent is quantified by how many people can sleep on the floor (for example, a tent that sleeps 4 would be called a 4-person tent). However, this may not consider the space gear would take up. If you need space for gear, you would want to get a tent that sleeps more people than will be actually using the tent.

The weight of the tent is impacted by its size, features, and materials used. Weight may be more important in certain situations. For example, if you are backpacking and carrying your tent, you would look for a much lighter tent than if you were planning to have your car parked very near your tent.

Tent Styles:

Tents come in several shapes and set-up plans. Some styles include inflatable, pop-up, dome, backpacking and tunnel tents. The type of camping, as well as the environmental conditions, will determine the style one needs.

- ***Pop-up tents:*** Pop-up tents offer unparalleled ease of set up, making them the perfect choice for inexperienced campers. One simply removes it from a circular bag, pull and it pops up. In addition, they are compact and lightweight, making it very easy to transport and stow away. One may find some disadvantages for this style in the following characteristics: more expensive than dome tents and can be quite pricey due to its in-built convenience; have been known to break in extremely high winds; not much headroom provided due to the compact design.
- ***Dome tents:*** Dome tents can be easy to set up and relatively easy to transport; good headroom due to the shape; reasonably strong, one of the cheapest; and probably the most versatile tent type around. Known to struggle in strong winds. The higher the 'dome', the more wind it will catch. This a very common type of tent.
- ***Backpacking tents:*** Backpacking tents are lightweight, simple, compact and small, , are often easy to set up, are a highly practical solution for hikers, and tackle harsh conditions confidently without giving in to heavy precipitation or high winds. Some of the disadvantages include: not much headroom or free space available; limited capacity; doesn't meet needs of families or large groups; not especially versatile and built specifically for hiking-focused camping only.
- ***Tunnel tents:*** Tunnel tents are ideal for larger groups such as families, and special occasion camping trips due to their above-average capacity. Headroom is ample, especially compared to

other styles. Exceptionally versatile and suited to most environments. The biggest disadvantages of tunnel tents are that they can be expensive compared to other styles, and assembly is often more difficult.

- **Multi Room Tent:** Multi room tents are designed to have multiple rooms and are great for families and space for extra gear. These tents are usually large, which makes them harder to carry. They may also be challenging to set up.
- **Geodesic tents:** Geodesic tents are ideal for smaller groups of experienced campers, specifically campers that like harsh or extreme weather conditions. The structure is strong and stable, and able to withstand extreme winds, rain, and temperatures. Headroom and living space are good, but Geodesic tents are not recommended for large groups or families because of their compact structure. They are expensive because of their quality, however they last longer than other tent styles. Geodesic tents can be heavy to carry especially over long distances. They are not recommended for novice campers.
- **Inflatable tents:** Inflatable tents require no poles, which gives them greater flexibility than many other tents. They are easy to pitch, involving just the use of an air pump; offer plenty of headroom and are safer since there is no metal to snap and cause damage. Disadvantages for this product include: can still be heavy compared to other tent styles; quite expensive due to new technology; and extremely large sizes are hard to find.

Other Features:

- **Peak Height-** Peak height refers to the tallest part of the tent. Cabin style tents often have the largest amount of livable space because their peak height
- **Floor Size-** The measurements of the bottom floor of the tent.
- **Tent Doors-** Tents come with a variety of number of doors in various shapes and orientations. If you are camping with a group, having multiple doors may help you keep from needing to climb over people to get out. Most doors have a zipper closure- durable zippers, like YKK brand, can extend the life of your tent.
- **Tent Poles-** The tent poles give structure to the tent. Many tents today are free standing, which means they do not require stakes to set up (they may have stakes that anchor them to the ground, however). Some tents require stakes to provide structure in addition the poles. In general, the fewer the poles, the easier to set up. Aluminum tent poles are stronger and more durable than fiberglass. Carbon-fiber poles are light, strong, and used on higher-end tents.
- **Rainfly-** A rainfly is a separate, waterproof cover that fits over the roof of your tent that should be used when rain or dew is expected. Rainflies can be roof-only (also called partial), which allow more light and views, or full-coverage (or full-length), which offer the most protection from wind and rain.
- **Ventilation-** Mesh panels, which are often used in the ceiling, doors, and windows of tents, can improve cross-ventilation and make tents cooler.
- **Tent Panels/Walls:** The inner cloth canopy of the tent is usually made of solid or mesh fabric. A solid wall provide more protection from rain, but a screen/mesh provides more ventilation. Tent fabrics, which are coated in polyurethane, usually have a waterproof rating. Higher values are associated with better waterproofing. Some tents are referred to as “single wall” and “double wall”. Single wall tents have one layer of wind and water resistant or waterproof fabric and are supported by poles that can be either inside or outside of the fabric. Double wall tents have two layers: an inner tent made of water-resistant, breathable material and an outer waterproof rain fly.
- **Clips vs. Sleeves:** There are two general methods for how the fabric canopy of the tent attaches to the poles. The clip method allows maximum air circulation between the two walls and is extremely easy to set up. Sleeves, however, are slightly stronger.
- **Shelters/Awnings/Vestibules:** Some tents have shelters or awnings that attach to the tent that serve as a “porch” or vestibule. This can be a good place to store muddy shoes and keeping supplies out of the rain. Some tents come with these; in other cases, they may be an add-on.

- **Footprint or Groundcloth:** A footprint or groundcloth is a durable material placed under a tent to provide protection from rips, tears, or moisture. Using a footprint or groundcloth can extend the life of the tent.
- **Guy Ropes/Lines:** Lines or strings used to secure use to secure the tent to the ground.

Event Venues

A venue is often one of the most important aspects of an event, as the venue has the possibility of setting the tone for the entire function. When choosing a venue there are many factors to consider. You must find the venue with the correct price, capacity, and appropriate setting for the situation. Fortunately, there are many different venue types. The following information will help you find the perfect venue for an event.

Price:

Often times, price is the most important factor when considering a venue. Venues may have different methods of pricing; some are more straightforward than others! Some may require a deposit before the event. Others may require a reimbursable deposit to ensure that the venue is treated well. Some venues may have a flat rate, while others may charge based on the length of time or number of people. There are many factors that may contribute to the total price. It is important to look for “hidden fees” and add all of these factors together to determine the total price. These are just some of the fees and things to look for:

- **Food and Drink:** Venues may require additional charges for having food and drink. Some venues may require a minimum amount be spent on food and drink. In some cases, you may be required to use a specific caterer or choose from an approved list. If you need food prepared on-site, your venue will need a kitchen or other designated food prep area.
- **Tables, Chairs, and Linens:** Some venues provide these. For others, you would need to bring your own or rent from another company.
- **Setup and Clean Up:** This may be included in your fee, require an extra fee, or you may be required to do the setup and cleanup yourself.
- **Other Equipment:** There may be a fee for audio visual equipment, like speakers, microphones, and projectors. Some venues may let you bring your own.
- **Event insurance:** Insurance may be required at certain venues.

Occupancy:

Occupancy is very important factor in many people's decision for a venue. Smaller venues are often cheaper while larger venues are often more expensive. When looking at occupancy you want to make sure the venue can fit the amount of people that will be attending the event. The maximum occupancy is usually set based on fire and safety codes, so it is important not to exceed this amount.

Location, Setting, and Accessibility:

Consider if the location/setting is indoor/outdoor, formal/casual, closer or further to a specific location. Also consider if the location is easy to find and accessible for your guests. (For example, some outdoor locations may require a short walk).

Layout:

Consider if the layout of the venue will work for your event. For example, if you need a venue with rooms for small groups to meet, one large room will not be ideal.

Availability:

Many venues are booked a long time in advance, so it is important to plan ahead. If your dates are not flexible, you may have to compromise on other factors to find a venue that works for your dates.

Parking:

If you are asking guests to drive to your event, it is important to have a place for them to park. Is parking on the street, in a lot, in a deck, or not available at all? Consider if the parking options are free or if they require a fee. Valet parking means that an attendant assists guest with parking their cars, and guests will need to tip the attendant.

Cancellation Policy:

Most venues will have a cancellation policy. If you cancel before a certain time, you may be able to get some of your money back.

Overtime Policy:

Some venues may charge you extra if you stay past the time designated for your event.

Noise Restrictions:

Venues in residential areas may have noise restrictions.

Weather:

If your venue is outside or partially outside, make sure there is a rain plan option.

Other Considerations:

Each event venue will have specific policies that must be followed that are unique to their location and situation. You may have specific things that you need as well. You may need WiFi, a space to store things during the event, or some other specific consideration. Make sure your venue will have what you need.

Breakfast Cereals

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Jeans

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