



# Judging Class

## Foods

### Calcium

This page is for the Leader

#### Supplies Needed:

Photos of items or real items, Situation and Option care, 4-H judging cards, Judging Scale Chart and pencils.

#### Reasons:

- A** is first because it has little fat, and no added ingredients
- B** is second because yogurt is better for you and contains more calcium and less sugar than the low-fat ice cream bar.
- C** is third because even though it is a dessert, it is still better for you to eat than taking Tums to get calcium.
- D** is last because it is best to get calcium from food sources that don't contain other medicine type ingredients





# Judging Class

## Foods

### Calcium

#### Situation:

Everyone needs calcium for strong bones & teeth plus other health issues. These 4 items all have calcium. Select which one is the best way to get calcium with the least amount of sugar, fat & other ingredients. Rank from best to least desirable

#### Options:

**A.** Skim milk



**B.** Yogurt



**C.** Ice Cream Bar, Low Fat



**D.** Tums (2 tablets)

