



# Judging Class

## Foods

### Fast Foods

This page is for the Leader

#### Supplies Needed:

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

#### Suggested Age: 11-13

#### Reasons:

- B** is placed first because a hamburger without cheese has fewer calories than a cheeseburger, frozen yogurt has fewer calories than ice cream, and diet cola has no calories.
- A** is placed second because the milkshake provides more than half of the calories in the meal. The chicken nuggets are fried; however, there are only 4 of them. The dressing for the salad is a light version.
- D** is placed third because the taco shells are fried, which increases their caloric content. The beans and rice are a good source of fiber and protein, however, combined they provide about 200 calories per cup. One cup of 1% milk provides around 100 calories.
- C** is placed last because the cheese and the extra meat patty on the double cheeseburger significantly increase the calories in it. The French fries are a large order, which means it contains more fat and calories than a smaller order or other non-fried choice. The regular cola is also large, which means it contains a lot calories from the sugar, but no other nutrients.





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#### Situation:

Pedro is eating at a fast food restaurant with his friends. He wants to choose a meal that has the fewest calories. Which meal is the best choice? Second? Third? Worst?

#### Options:

- A.** Salad with light Ranch dressing, medium vanilla milkshake, 4 piece chicken nuggets



- B.** Hamburger, strawberry frozen yogurt, large diet cola



- C.** Double cheeseburger, large French fries, large regular cola



- D.** 2 small tacos, rice & beans, 1% milk

