

Judging Class

Foods

Food Groups Junior

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: 8-10

Reasons:

- B** is placed first because it has four food groups represented. Lasagna has noodles in the grain group, cheese in the milk group, meat in the meat & beans group, and tomato sauce in the vegetable group.
- C** is placed second because it has three food groups. Bread is in the grain group, bananas are in the fruit group, and peanut butter is in the meat & beans group.
- A** is placed third because it has two food groups. Oatmeal is in the grain group and raisins are in the fruit group.
- D** is placed last because it has only one food group. Pretzels are in the grain group.





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Situation:

Sarah wants to choose a snack that has variety. Which choice has the most food groups in it? Second? Third? Fewest?

Options:

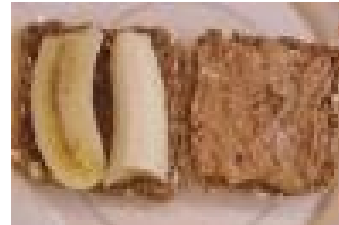
A. Oatmeal raisin cookie



B. Lasagna with meat



C. Peanut butter and banana sandwich



D. Pretzels

