



Judging Class

Foods

Healthy Snacks Senior

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: 14 & up

Reasons:

D is placed first because beans are high in fiber. A half cup of baked beans contains 7 grams of fiber.

C is placed second because the main ingredient in potato salad is potatoes, which are a starchy vegetable and a source of fiber. One cup of potato salad has approximately 3 grams of fiber.

A is placed third because oatmeal and raisins are both good sources of fiber, however, an oatmeal raisin cookie does not contain enough oatmeal and raisins to have more fiber than the potato salad. Two oatmeal raisin cookies have about 1 gram of fiber.

B is placed last because cheese does not provide any fiber. Although the cheese is breaded before frying, the bread crumbs are not enough to provide a measurable amount of fiber.





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Situation:

Cameron is trying to choose the snack that has the most fiber. Which item has the most fiber? Second? Third? Least?

Options:

A. Oatmeal raisin cookie



B. Fried cheese sticks



C. Potato salad



D. Baked beans

