



Judging Class

Foods

Nutritious Snacks

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.

Reasons:

C is placed first because:

1. Lowest in calories (80 calories)
2. High in Vitamin C
3. Fair source of Vitamin A, and some B Vitamins
4. Contains some iron and calcium

A is placed second because:

1. Higher in calories (1/2 cup = 400)
2. Sodium content (1/2 cup = 300 mg.)
3. Provides protein, B vitamins, calcium and iron.

D is placed third because:

1. High in calories (150 calories)
2. Contains very small amounts of protein, B vitamins, calcium and iron
3. High in sugar which can cause tooth decay

B is placed last because:

1. High in calories (144 calories)
2. Provides no nutrients
3. High in sugar which can cause tooth decay.





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Situation:

Bob gets home from school and is hungry, so he begins looking for a snack. Which nutritious snack would be the best for Bob to eat? Second? Third? Last?

Options:

A. Salted Peanuts



B. Soft Drink



C. Orange



D. Milk Chocolate bar

