

4-H CONSUMER DECISION MAKING

2021 Study Guides & Sample Classes

Beginner Division (Ages 8 - 9)

Bread
Pets
T-shirts

Reviewed by Members of the North Dakota 4-H Consumer Decision Making Committee:

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**North Dakota 4-H Consumer Decision Making
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2021 Consumer Decision Making Study Guide

Beginner

Bread

Bread is an important part of our daily diet. MyPlate suggests that girls and boys between 9 and 13 years old have 5 to 6 ounce equivalents of bread, cereals, rice and pasta daily. One ounce is considered to be a serving. Bread is part of the Grain Group. At least half of the foods you eat from this food group daily should be *whole grain*. Eating more whole grains is good for your heart. Whole grains also make you feel “full” longer, so you are less likely to overeat. Whole-grain foods contain all parts of the wheat kernel.

How Can You Spot a Whole Grain? Some whole-grain foods are “brown,” but color is not the best clue for whole grains. Sometimes names on bread labels can be confusing. Breads labeled “stone ground wheat” and “100 percent wheat” are not whole-grain foods, but “whole-wheat bread” is a whole-grain food. Read the ingredient label. If the first or second item on the ingredient label is “whole grain” (followed by the name of the grain), “whole wheat” or “oatmeal,” the food more likely is a whole-grain food.



Breads come in many shapes and forms, which include loaves of bread, buns, pancakes, waffles, muffins, biscuits and pizza crust. Breads usually are made from wheat, oats, corn, rice or rye. Wheat flour is the most common ingredient because it has *gluten*, which is the elasticlike part of the flour that helps breads hold their shape.



Types of bread: Bread is available in two main groups – yeast and quick breads. Yeast breads are made with the ingredient called *yeast* that needs time to rise. Yeast breads must rise before baking. Yeast has a nutlike flavor and sometimes you can smell the bread to see if it contains yeast. You also can read the label to see if the bread contains yeast. Quick breads, such as muffins, banana bread, pancakes and waffles, use baking powder or baking soda to rise. They are called quick breads because you can bake them right after mixing them.



Cost: Know the cost per serving of the product. These are examples of one serving: 1 slice of bread, 1 small muffin, ½ cup cooked pasta, 1 ounce cold cereal, 1 slice angel food cake, 1 slice pizza and a 4-inch pancake. For example, if a loaf of bread costs \$2 and contains 20 servings, you would need to divide the total cost of the item (\$2) by the number of servings (20). In this example the cost per serving is 10 cents. ($\$2 \div 20 = 10$ cents)



Making bread: Yeast breads take longer to make than quick breads when you start from scratch. When making yeast breads, you must wait for the yeast to rise. Quick breads often are easier to prepare than yeast breads and take less time to make. The more you practice in the kitchen, the easier yeast breads will be to prepare. You may purchase breads that are ready to eat, half-baked (“par-baked”) or “brown and serve.” “Brown and serve” rolls and breads need to be baked in your oven to complete the baking process before you serve them. You also can buy bread, such as waffles, in

boxes or bags that can be popped into a toaster or microwave. Bread mixes and biscuit dough are available in cans, too. Be sure to follow the directions on each label to make them correctly.



Care and storage: Fresh breads can be kept at room temperature for several days if wrapped properly. Follow the directions on the box or bag to make sure they are stored correctly. Breads also can be refrigerated or frozen.

Nutrition: Bread provides complex carbohydrates that give you lots of energy during the day. They also contain B-vitamins, iron and fiber. Bread made with whole grains contains more fiber than white bread. Basic breads are low in fat and calories, but their nutrition changes as ingredients such as nuts, caramel, frostings and toppings are added. Read food labels. The ingredient listed first on the label has the largest amount in the food. When choosing breads, think about your likes and dislikes, the amount of time you have and how much money the choices will cost. Try different kinds of breads. They taste good and trying new things is fun.

Reviewed April 2021 by Meagan Hoffman, NDSU 4-H Youth Development Specialist

2021 Consumer Decision Making Sample Class
Beginner – Bread
Harley

Situation Statement:

Harley is serving hot dogs for supper and wants hot dog buns. She wants whole-grain buns. She needs to serve eight people with no leftovers.

Standards:

	1	2	3	4
Hot dog buns		X		X
Whole-grain	X			X
Serves 8 with no leftovers	12	8	8	8

Class Items:

1. Sara Lee Soft & Smooth Whole-Grain White Bread
2. Sara Lee Soft & Smooth Wheat Hot Dog Buns
3. Sara Lee Soft & Smooth Wheat Hamburger Buns
4. Sara Lee Soft & Smooth Whole-Grain White Hot Dog Buns

Placing: 4-2-1-3

Cuts: 4-5-2

Reasons:

I place this class of bread 4-2-1-3.

I place 4 over 2 because 4 is whole-grain, while 2 is wheat.

I place 2 over 1 because 2 is hot dog buns, while 1 is a loaf of bread.
2 serves eight with no leftovers, while 1 serves twelve.


Grant: 1 is whole-grain.

I place 1 over 3 because 1 is whole-grain, while 3 is wheat.

Grant: 3 serves eight with no leftovers.

I place 3 last because it is not hot dog buns. It is not whole-grain.

For these reasons, I place this class of bread 4-2-1-3.

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<h2 style="margin: 0;">Judging Card</h2> <p style="margin: 5px 0;">Harley</p> <p style="margin: 5px 0; font-size: small;">(Number or Name)</p> <hr style="border: 0; border-top: 1px solid black; margin: 5px 0;"/> <p style="margin: 5px 0;">Sample-Beginner</p> <p style="margin: 5px 0; font-size: small;">(Class)</p> <hr style="border: 0; border-top: 1px solid black; margin: 5px 0;"/> <p style="margin: 5px 0;">Bread</p> <p style="margin: 5px 0; font-size: small;">(Class)</p> <hr style="border: 0; border-top: 1px solid black; margin: 5px 0;"/> <div style="display: flex; justify-content: flex-end; align-items: center; margin-top: 20px;"> <div style="text-align: right; font-size: small; margin-right: 10px;"> Placing Score Cuts Reason Score </div> <div style="text-align: left;"> <div style="border-bottom: 1px solid black; margin-bottom: 5px;">4-2-1-3</div> <div style="border-bottom: 1px solid black; margin-bottom: 5px;">4-5-2</div> </div> </div>																																																			
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Sample Class – Beginner
Bread
Harley

#1

Sara Lee Soft & Smooth Whole-Grain White Bread



24 slices
12 servings

Sample Class – Beginner
Bread
Harley

#2

Sara Lee Soft & Smooth Wheat Hot Dog Buns



8 servings

Sample Class – Beginner
Bread
Harley

#3

Sara Lee Soft & Smooth Wheat Hamburger Buns



8 servings

Sample Class – Beginner
Bread
Harley

#4

Sara Lee Soft & Smooth Whole-Grain White Hot Dog Buns



8 servings

2021 Consumer Decision Making Study Guide

Beginner

Pets

Fuzzy or furry, feathered or finned, choosing the right pet can be a difficult decision. Several years ago, most people might have owned a cat, dog, hamster, rabbit, bird or fish for a pet. Now they have lots more choices for pets, including turtles, snakes, lizards and pot-bellied pigs.

Being a pet owner is a big job. You are responsible for the care and well-being of another living thing. It is not a decision to take lightly because your pet is depending on you for as long as it lives. You must feed it, water it and clean its living area. If it is a cuddly pet, you must pet and care for it in a loving way. Some pets require special food, medicines or homes.



Before you choose a pet, you must ask yourself some questions:

Am I ready to take care of a pet for a long period of time?

Some pets live a short time, just a few months. Others can live for many years. As an example, some birds can live 30 or more years. Being a pet owner is not a decision to make lightly because the animal will depend on you for its care and well-being for as long as it lives.

How much will this pet cost?

You may receive a pet from your family or friends as a gift. Some people have pets that they want to give away to good homes. Local animal shelters also have animals that need a good home. You also can purchase pets from pet stores or pet breeders. Depending on the breed, if it is purebred or registered, or if it is a rare animal, you may have to spend several hundred dollars to buy your pet. However, the purchase price is not the only cost to a pet. You also need to think about housing materials, cleaning supplies, medical costs and food.

What does this pet eat? How much does the food cost? How often does it need to be fed? Does it need a special diet?

Some pets, such as cats, dogs and rabbits, can be fed dry food. Reptiles, some dogs and cats on special diets, will need canned or fresh foods. Turtles are an exotic pet and can be expensive to feed. Others will need foods that are just for their breed or species, such as birds and fish. Some pets will need to be fed one or more times each day, while others can be fed using a self-feeder that will provide a certain amount of food each day. Dry foods tend to be the least expensive. Fresh, canned or gourmet/special foods are often the most expensive choices for pet food.

What size of pet do I want?

Small pets do not take up as much room for their living space as large pets. Do you live in an apartment or a house with a small yard, or do you have a lot of space for your pet to play in? For some pets, the size of the pet does not matter. For example, all dogs, no matter if they are small or large, should be taken for at least two 20-minute walks each day.

Is this an indoor pet or an outdoor pet?

Where the pet likes to live will determine the housing you give it. All outdoor pets need protection from the heat in the summer and the cold in the winter. They also need protection from wind, rain and predators. Indoor pets will need a quiet place to sleep, feeding space and a place for their litter box. All pets need a warm, safe bed to sleep in. Some pets, such as fish, need a constant temperature in their home to live.

Will this pet be friendly to others?

Some pets are very accepting of all people. Some pets are very protective of their owners. Some pets like adults better than they like children. Attitudes toward people are passed from the parent animal to its offspring, so if you can, see how your pet's parents act around people. Some pets are naturally assertive. Sometimes males and females react differently to people. If pets are around people when they are young, some will be more accepting of and friendly to people. If you treat your pet with kindness and gentleness, it will respond in a friendly way.

Can I take care of this pet by myself?

As a pet owner, you are responsible for the care and well-being of your pet. If you do not feed, pet and groom, provide a safe home or nurture your pet, it may get sick or hurt, or die. Sometimes pets need to be taken to the veterinarian for special medical care. Be sure to ask your parents to help you get your pet to the veterinarian for its needed shots or medical care. Your pet is counting on you, so do not let it down.

Will I have to spend a lot of time cleaning up after my pet? What will I have to do?

Some pets, such as cats and dogs, shed fur. Some pets, such as birds and hamsters, will need their cages cleaned. Other pets, such as fish, will need their fish bowls cleaned on a regular basis. A cat or rabbit kept indoors always will need regular litter box cleaning. In some cities, when you take your pet dog or cat out for daily walks, you need to clean up after it if it eliminates body waste. If your pet gets sick, the area will need to be cleaned. Caring for a pet can take time from other things you would like to do each day.

Can I learn to train this pet to do the things we need it to do?

Some pets, such as dogs, cats, rabbits and birds, are responsive and easy to train. Some, such as turtles, fish and reptiles, are not easy to train. Be positive in responding to the behavior you want your pet to have. Repetition in training helps your pet do the behavior you want. For specialized training, you will want to have a professional trainer work with your pet.

What kinds of shots and special care will this pet need?

Depending on the kind of pet, it will need regular checkups and shots. Check with your veterinarian to see what is required for your pet. Responsible pet owners also will spay or neuter their pet, if appropriate, to avoid an overabundance of unwanted animals in the future. Discuss your options with your veterinarian.

Are any family members allergic to animals?

Some pets that shed hair will be more of a problem to a person with allergies than pets that do not shed. You may want to consider a fish or turtle if these concerns are in your family.

Is there special care in handling pets?

All pets need to be handled with care, being careful not to drop or ignore caring for them. Each type of pet needs different care. Be sure and read up on your specific pet. With all pets, it is important to wash your hands after handling. Pets can carry germs, so be sure to use good hygiene when dealing with pets and their habitats.

After you decide what kind of pet you want, you should find out as much as you possibly can about it. Read books, talk to family and friends, or talk to pet store owners. You also can enroll in one of the many 4-H pet projects to help you learn as much as you can about pets.

Pay attention to the costs of having a pet. A budget will help you find out what having a pet will cost you through time. Be sure to list food, housing, medical and other costs. Have an adult help you with the budget.

Be sure to do all you can to learn about and prepare for your pet before you bring it home. A pet can be a wonderful companion. Having a pet can be a fun and rewarding experience for you and your family.

2021 Consumer Decision Making Sample Class
Beginner – Pets
Tanner

Situation Statement:

Tanner wants a pet easy to train. He wants one that he can hold on his lap while watching TV. Tanner wants a pet that does not need feeding daily, as he often stays overnight with his cousin.

Standards:

	1	2	3	4
Easily trained			X	X
Held in lap		X		X
Does not need daily feeding			X	X

Class Items:

1. Goldfish
2. Pet Turtle
3. German Shepherd Dog
4. House Cat

Placing: 4-3-2-1

Cuts: 5-4-3

Reasons:

I place this class of pets 4-3-2-1.

I place 4 over 3 because 4 is a cat, which can be held in the lap, and 3 is a German Shepherd dog, which is too large to be held in the lap.


I place 3 over 2 because 3 is a German Shepherd dog and can be easily trained, while 2 is a turtle and cannot be easily trained. 3 does not need to be fed daily because it has a self-feeder, while 2 needs to be fed daily.
Grant: 2 can be held in the lap.

I place 2 over 1 because 2 can be held in the lap, while 1 cannot because it needs to be kept in water to survive.

I place 1 last because it cannot be easily trained.
It cannot be held in the lap.
It needs to be fed daily.

For these reasons, I place this class of pets 4-3-2-1.

PD600



Judging Card

Tanner

(Number or Name)

Sample-Beginner

(Class)

Pets

(Class)

Placing Score


Cuts

Reason Score

4-3-2-1

5-4-3

A	1234	10
B	1243	15
C	1324	14
D	1342	23
E	1423	24
F	1432	28
G	2134	13
H	2143	18
I	2314	20
J	2341	32
K	2413	30
L	2431	37
M	3124	21
N	3142	30
O	3214	24
P	3241	36
Q	3412	42
R	3421	45
S	4123	36
T	4132	40
U	4213	39
V	4231	46
W	4312	47
X	4321	50



Sample Class – Beginner
Pets
Tanner

#1

Goldfish



Needs feeding two times daily
Needs to live in an aquarium or fish bowl

Sample Class – Beginner
Pets
Tanner

#2

Pet Turtle



Needs daily feeding of special turtle food
Lives in a large aquarium with water, sun lamp and rocks
Weight: ½ pound

Sample Class – Beginner
Pets
Tanner

#3

German Shepherd Dog



Large breed dog
Weight: 49-88 pounds
Uses a self-feeder to have clean water and food
Needs 20 minutes of outdoor exercise 2 times daily
Easily taught tricks
Lives in a large kennel in backyard

Sample Class – Beginner
Pets
Tanner

#4

House Cat



Uses a self-feeder to have clean water and food

Weight: 6-14 pounds

Easily taught tricks

Does not need daily outdoor exercise

Lives indoors

2021 Consumer Decision Making Study Guide

Beginner

T-shirts

T-shirts are fun and comfortable to wear. They come in many colors, styles, sizes and are decorated with many different designs like silk-screen prints, heat-set transfers, embroidery and other trims.



Before buying, ask yourself – ***What is it made of?*** (Adults refer to this as the fiber content.)

Cotton, a natural fiber, is soft, soaks up moisture and does not get small fuzzy balls on it called *pills*. It is comfortable to wear, but can shrink (get smaller) after washing and drying. *Synthetics*, or man-made fibers such as polyester, nylon or acrylic, wear longer, do not shrink as easily, do not wrinkle as much and keep their shape better than cotton. However, synthetics may pill and tend to be warmer to wear.

A *blend* of fibers is when the manufacturers put together two or more fibers in one fabric. Cotton will add softness to the T-shirt and will allow the fibers to soak up moisture when you sweat. Man-made fibers like polyester will help keep your T-shirt from shrinking and wrinkling and will help it keep its shape longer. *Lycra* is a type of stretch fiber. It is a man-made fiber and helps cotton hold its shape during use.



Fabric: This is the material that the T-shirt is made from. The fibers are made into yarn that is knitted into fabric, then cut into shapes that are sewn into clothing. Sometimes fabric is pre-washed to keep it from shrinking too much. Pre-washing makes the fabric softer and silkier to the touch.

How well is the T-shirt sewn?

- Look for double stitched seams with both straight and zigzag stitching, so the seams do not pop open and come apart when you are wearing the T-shirt.
- Firm ribbing at the neck or on the sleeves helps it keep its shape.
- Hems should be flexible and flat. Make sure buttons are sewn securely, if used.
- Decorations should be fastened securely.

How do T-shirts get washed? Read the label before you buy a T-shirt. If it takes a lot of work to get one clean, then do not buy it. Here are some directions that might be found on a T-shirt label:

- Gentle wash cycle, hang dry or lay flat to dry. Rough washing cycles and hot dryers could hurt or shrink the fabric.
- Do not iron or dry-clean. Heat from the irons or dry-cleaning chemicals could melt or hurt the fabric or decorations.
- Machine wash in cold or warm water. Hot water could shrink fabric and make colors *bleed*, or run together.

- Do not bleach. The bleach could fade the color and trim.
- Wash dark or bright colors separately. Dye in dark or brightly colored fabric could bleed onto other garments.
- Machine wash, tumble dry. This is the best label to see because it can be washed and dried at any temperature and will not require any extra care to get it clean.

Where will I wear this? Think about what you need. Plain or simply decorated T-shirts that are easy to care for, low cost and comfortable are best for every day.

Make sure the T-shirt fits you. Many youth like baggy T-shirts, but if you like the T-shirt to fit a little tighter, remember to think about shrinkage in the washer and dryer.

Reviewed April 2021 by Meagan Hoffman, NDSU 4-H Youth Development Specialist

2021 Consumer Decision Making Sample Class
Beginner – T-shirts
Megan

Situation Statement:

Megan wants a T-shirt made from 100% cotton. She wants a design on the front of the T-shirt. She wants a T-shirt that can be washed in the washing machine. Megan also wants a T-shirt that can be tumble dried in the dryer.

Standards:

	1	2	3	4
100% cotton	X			X
Front design	X		X	X
Machine wash	X	X	X	X
Tumble dry		X	X	X

Class Items:

1. Rabbit Short-Sleeve T-shirt
2. Cherokee Short-Sleeve T-shirt
3. NDSU Short-Sleeve T-shirt
4. 4-H Short-Sleeve T-shirt

Placing: 4-1-3-2

Cuts: 2-3-5

Reasons:

I place this class of T-shirts 4-1-3-2.

I place 4 over 1 because 4 can be tumble dried, while 1 has to be line dried.


I place 1 over 3 because 1 is 100% cotton, while 3 is 50% cotton and 50% polyester.
Grant: 3 can be tumble dried in the dryer.

I place 3 over 2 because 3 has an NDSU logo front design, while 2 has no design on the front.

I place 2 last because it is not made from 100% cotton.
It does not have a front design.

For these reasons, I place this class of T-shirts 4-1-3-2.

PD600



Judging Card

Megan

(Number or Name)

Sample-Beginner

(Class)

T-shirts

(Class)

Placing Score **4-1-3-2**

Cuts

Reason Score **2-3-5**

NDSU EXTENSION
SERVICE

A 1234	28
B 1243	33
C 1324	33
D 1342	43
E 1423	43
F 1432	48
G 2134	20
H 2143	25
I 2314	17
J 2341	19
K 2413	27
L 2431	24
M 3124	30
N 3142	40
O 3214	22
P 3241	24
Q 3412	42
R 3421	34
S 4123	45
T 4132	50
U 4213	37
V 4231	34
W 4312	47
X 4321	39

Sample Class – Beginner
T-shirts
Megan

#1

Rabbit Short-Sleeve T-shirt



100% cotton
Machine wash inside out
Line dry

Sample Class – Beginner
T-shirts
Megan

#2

Cherokee Short-Sleeve T-shirt



95% cotton
5% spandex
Machine wash cold
Tumble dry low

Sample Class – Beginner
T-shirts
Megan

#3

NDSU Short-Sleeve T-shirt



50% cotton
50% polyester
Machine wash
Tumble dry

Sample Class – Beginner
T-shirts
Megan

#4

4-H Short-Sleeve T-shirt



100% cotton
Machine wash
Tumble dry