4-H CONSUMER CHOICES

2017 Study Guides & Sample Classes
Beginner Division (Ages 8 - 9)

Beverages
Frozen Treats
Jeans

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North Dakota 4-H Consumer Choices
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Beverages, when chosen wisely, can be an important part of a healthful diet. Labels on beverages have lots of information. Use the label when selecting a beverage.

**Ingredients**
Ingredients are listed from the largest to the smallest amount by weight. The first ingredient is found in the largest amount, by weight, in each beverage.

Answer this question for each label: Which two ingredients are present in the largest amounts?

<table>
<thead>
<tr>
<th>Label 1 - PINEAPPLE/ORANGE JUICE</th>
<th>Label 2 - APRICOT NECTAR</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ingredients: pineapple juice from concentrate, orange juice from concentrate and ascorbic acid (vitamin C)</td>
<td>Ingredients: water, high-fructose corn syrup, apricot concentrate and citric acid</td>
</tr>
</tbody>
</table>

(See answers on last page)

**Names on Labels**
- Juice – Must be 100 percent fruit juice to use the term “juice”
- Orange-flavored – Does not mean the beverage has orange juice in it
- Nectar, cocktail drink and punch – Names for beverages with little or no fruit juice. May give percent of fruit juice, for example: 10 percent fruit juice

**Sugar, Sodium and Caffeine**
Try to consume less of these ingredients. When listed on the label, these ingredients have been added to the beverage. If they are a natural part of the beverage, such as caffeine in cola or coffee, they are not needed on the label.

**Types of Soft Drinks**
A soft drink (also called soda, pop, coke, soda pop, fizzy drink or carbonated beverage) is a beverage that typically contains water (often, but not always, carbonated water), usually a sweetener and usually a flavoring agent. The sweetener may be sugar, high-fructose corn syrup, fruit juice, sugar substitutes (in the case of diet drinks) or some combination of these. Soft drinks also may contain caffeine, colorings, preservatives and other ingredients.

- **Soft Drinks with Sugar**
  These types of beverages provide calories (energy) but few nutrients. They provide “empty calories.” Look at the ingredient label for other terms meaning sugar, such as fructose and corn syrup.
- **Low- or No-calorie Soft Drinks**
  Low- or no-calorie soft drinks use other sweeteners, such as aspartame (NutraSweet) or sucralose (Splenda). These beverages provide few (if any) calories, but usually no nutrients either. Could you quench your thirst with water instead?

- **Sports Drinks**
  Some beverages are called sports drinks. An example is Gatorade. These beverages are not necessarily more nutritious than similar beverages. Sports drinks are often higher priced.

**What are Your Soft Drink Habits?**
Answer the following questions to find out:

1. Do you drink soft drinks? If you do, how many servings do you drink per day?
2. When do you drink them?
3. Do you drink soft drinks instead of healthier beverages such as milk or water?

If you answered YES to question #3, think about your habits. Try to make more healthful food and beverage choices all day so you stay healthy and fit. Read Nutrition Facts labels to learn more about your beverage choices.

**Try These Healthful Beverage Choices**
- Plain water
- Infused water with added fruit (lemon, lime, orange, kiwi, strawberry)
- Milk and milk drinks are a part of the dairy group, which provide calcium. Calcium is important for healthy bones and teeth.
- Citrus fruit and tomato juices are a part of the fruit group and vegetable group, which are good sources of vitamin C. Nutrition experts recommend that we consume whole fruits more often than juice.

**Compare Costs of Beverages**
- Beverages may have different serving sizes. Figure out the serving size first and then look at the number of servings in a container.
  - Example: A plastic bottle of soft drink may contain two to three servings. The information on the Nutrition Facts label tells you what is in “one serving.”
- Figure out the cost per ounce. To do this, divide the cost of the beverage by the number of ounces in the container. Remember, sometimes the “best deal” does not provide the “best nutrition.”

**Keep Beverages Safe and Fresh**
- Look for juices that are pasteurized (or heat-treated) to kill harmful bacteria.
- Use paper/foil boxes by the date on the box.
• Keep milk refrigerated. Some specially sealed packages of milk are available. Until they are opened, these "shelf-stable" beverages are safe without being refrigerated.
• Refrigerate fruit juices after opening.
• Opened soft drinks may be safe without refrigeration. Cover and refrigerate them for best quality.
• A bottle with a screw cap will keep beverages fresh. Drink part of it now and the rest later.

Types of Beverage Containers
• Glass – may break if dropped
• Plastic
• Paper foil boxes
• Metal – aluminum or steel
• Paper cartons

Check to see which items may be recycled in your area.

Answer Label 1 – Pineapple juice from concentrate and orange juice from concentrate
Answer Label 2 – Water and high fructose corn syrup

Reviewed and revised February 2017 by Ellen Bjelland and Vanessa Haines, NDSU Family & Consumer Science Extension Agents; and Meagan Scott, NDSU 4-H Youth Development Specialist
Situation Statement:
Marcus is going hiking. He wants to take something to drink in his backpack. A screw cap would let him drink part now and the rest later. He likes the taste of orange flavored beverages. 100% juice would be a healthy choice.

Standards:

<table>
<thead>
<tr>
<th></th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
</tr>
</thead>
<tbody>
<tr>
<td>Screw cap</td>
<td>X</td>
<td></td>
<td>X</td>
<td></td>
</tr>
<tr>
<td>Orange flavor</td>
<td>X</td>
<td></td>
<td>X</td>
<td></td>
</tr>
<tr>
<td>100% juice</td>
<td></td>
<td></td>
<td>X</td>
<td></td>
</tr>
</tbody>
</table>

Class Items:
1. A & W Root Beer
2. Coca-Cola
3. Tropik Splash Orange Juice
4. Sunkist Orange Soda

Placing: 3-1-4-2  Cuts: 5-2-4

Reasons:
I place this class of beverages 3-1-4-2.

I place 3 over 1 because 3 is orange flavored, while 1 is root beer flavored.
3 is 100% juice, while 1 has no juice.

I place 1 over 4 because 1 has a screw cap, while 4 is an aluminum can.
Grant: 4 is orange flavored.

I place 4 over 2 because 4 is orange flavored, while 2 is cola flavored.

I place 2 last because it does not have a screw cap.
It is not orange flavored.
It is not 100% juice.

For this reasons, I place this class of beverages 3-1-4-2.
Sample Class – Beginner
Beverages
Marcus

#1

A&W Root Beer

Root beer flavored
Plastic bottle
Screw cap
Sample Class – Beginner
Beverages
Marcus

#2

Coca-Cola

Cola flavored
Aluminum can
Sample – Beginner Beverages
Marcus

#3

Tropik Splash Orange Juice

100% orange juice
Glass bottle
Screw cap
Sample – Beginner
Beverages
Marcus

#4

Sunkist Orange Soda

Orange flavored
No fruit juice
Aluminum can
“I scream. You scream. We all scream for ice cream.” Adults and children love ice cream and other frozen treats, and those treats are available almost everywhere we go.

Types of Frozen Treats

**Ice cream** is a dairy treat. It is made from milk or cream, which are dairy products. Other ingredients are flavorings, stabilizers and emulsifiers. Sometimes ice cream contains eggs or egg yolk solids. Vegetable gum and starch can be added to make ice cream treats smooth and creamy. Ice cream must contain at least 10 percent milk fat and 20 percent total milk solids by weight to be considered ice cream.

Flavorings must be listed on the Nutrition Facts label. Ice cream may be flavored naturally or artificially, or it may contain natural and artificial flavorings. If the frozen treat is flavored naturally, it will be labeled “strawberry ice cream.” If the frozen treat is labeled “artificially flavored strawberry ice cream,” that means the product contains man-made flavorings.

**Sherbet** is a dairy product that is similar to ice cream. However, it can contain only 1 to 2 percent milk fat and 2 to 5 percent milk solids. Sherbet usually has more sugar added to it than ice cream unless it is sweetened by man-made sweeteners.

**Frozen yogurt** is another dairy treat. You can buy it in soft-serve or hard-form and in lots of different flavors. Frozen yogurt is sold in pints, quarts, cups, cones, bars and on sticks. Look at the label to find out how much fat is in the frozen yogurt you choose. Low-fat yogurt must have less than 3 grams of fat per serving.

**Specialty frozen desserts**: You may know people who cannot digest the sugar in dairy products. This is called lactose intolerance. These individuals may choose a frozen dessert made with a soy base, such as tofu. Tofu is a high-protein soybean curd. Tofu can range from high fat content in premium types to low-fat products. An example of a specialty frozen dessert is Tofutti, which contains no milk.

Sorbets, another non-dairy product, are a blend of fruit and sweeteners and may have gelatin or egg whites added to them. The gelatin and egg whites keep the sorbet smooth.

Water ices, such as popsicles, are like sherbet except they do not contain dairy products. They usually are made of sugar-water syrups, fruit juices, flavorings, stabilizers and other additives that help make them smooth.
Read the Label

Always read the labels on the foods you eat. Figure out the serving size first because all the information on the Nutrition Facts label is based on the serving size. Knowing what you are putting in your body is important. Look at the ingredients listed on the nutrition label. The ingredients are listed in order from greatest weight to least weight.

Nutrition

Ice cream and other frozen treats vary in fat and calories. The main nutrients in ice cream are calcium, riboflavin and protein. The more fat in the treat, the greater the number of calories in it. Some frozen treats will have nutrients added to them during processing. These nutrients can include calcium and vitamin D.

Reduced-fat ice cream contains about 25 percent less fat than ice cream. Low-fat means less than 3 grams of fat per serving, and fat-free means less than 0.5 grams of fat per serving.

Frozen desserts usually have a higher sugar content. Some frozen desserts are sugar-free. These products often are sweetened with man-made sugars called aspartame, such as NutraSweet, or sucralose, such as Splenda, which are products that give a sweet flavor but no calories.

Cost

The price varies depending upon the type of product you choose and where you buy it. How you buy the product also may affect the price. As an example, a single ice cream treat could cost $2, but if you purchase a box of six or more, you may pay $10 for all six.

Storage

Frozen treats must be stored at zero degrees Fahrenheit or lower for best quality. Read the label on the box to see the recommended storage time.

Make Wise Choices

Frozen treats can be a part of a healthy diet. If you want ice cream that is high in fat and calories, you can enjoy it. Just remember to eat less of it. Balance the calories from snack foods, such as frozen treats, with healthful foods during the day, such as fruits and vegetables. You can also balance the extra calories by doing more physical activity, such as walking, running or dancing. To save money, shop around to get the most out of your money.

Reviewed and revised February 2017 by Ellen Bjelland and Vanessa Hoiness, NDSU Family & Consumer Science Extension Agents; and Meagan Scott, NDSU 4-H Youth Development Specialist

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2017 Consumer Choices Sample Class
Beginner – Frozen Treats
Ellen

**Situation Statement:**
Ellen wants a frozen treat for herself and to share with four friends. She would like to give them individual serving treats. She likes root beer flavoring.

**Standards:**

<table>
<thead>
<tr>
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<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
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</thead>
<tbody>
<tr>
<td>Enough for 5</td>
<td></td>
<td>X</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Individual servings</td>
<td>X</td>
<td></td>
<td>X</td>
<td></td>
</tr>
<tr>
<td>Root beer flavored</td>
<td></td>
<td>X</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Class Items:**
1. Klondike Choco Taco
2. Schwan’s Root Beer Float Bars
3. Häagen-Dazs Vanilla Ice Cream
4. Blue Bunny Classic Sundae Cones

**Placing:** 2-4-1-3  **Cuts:** 2-3-6

**Reasons:**
I place this class of frozen treats 2-4-1-3.

I place 2 over 4 because 2 is root beer flavored, while 4 is not.

I place 4 over 1 because 4 has enough servings for five people, while 1 has only one serving.

I place 1 over 3 because 1 is an individual serving treat, while 3 is not.

I place 3 last because it will not serve five people.
It does not come in individual servings.
It is not root beer flavored.

For these reasons, I place this class of frozen treats 2-4-1-3.
Klondike Choco Taco

Vanilla ice cream in a sugar cone taco shaped shell coated with fudge and nuts
Packaged for individual serving
1 Choco Taco
Sample Class – Beginner
Frozen Treats
Ellen

#2

Schwan’s Root Beer Float Bars

Vanilla ice cream with root beer coating on a stick
24 individual servings

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Sample Class – Beginner
Frozen Treats
Ellen

#3

Häagen-Dazs Vanilla Ice Cream

Vanilla ice cream
1 pint container
4 servings
Sample Class – Beginner
Frozen Treats
Ellen

#4

Blue Bunny Classic Sundae Cones

Vanilla ice cream in a sugar cone covered with chocolate and chopped peanuts
8 individual servings
Consumers have a lasting affection (devotion) for denim jeans. Even in tough economic times, we still buy jeans but focus more on price. We wear denim jeans for many different activities.

When choosing a pair of jeans, consider where they will be worn. For example, will they be worn for hiking, camping, outdoor chores, school or sports? Jean styles have varied greatly in the past 100 years. Jeans are available in a variety of fabrics, finishes, styles, colors and manufacturing processes. This can be a real challenge to you as a consumer.

**Fiber**
- Most jeans are made from 100 percent cotton. They also can be made of blends of two or more fibers. The most common blend is cotton and polyester.

  **Cotton:** It is absorbent and comfortable to wear. Cotton tends to soften with wear and laundering, giving the feel of well-worn blue jeans. Dyes used in cotton tend to “wash out” when laundered often, so the jeans will look lighter in color the more you wash them.

  **Polyester:** It contributes durability, stability, shrink resistance and wrinkle resistance. Polyester is easy to care for because it can be washed in the washing machine and dries quickly in the clothes dryer. Dyes that are used with polyester keep their color with repeated washings.

  **Spandex:** These yarns are added for stretch and comfort. Many brands of jeans have spandex added today because the skinny style is a popular trend. As little as 5 percent spandex can make a difference. Lycra is a common brand name for spandex fiber.

**Construction**
- The way jeans are cut and sewn together, and the special finishes applied to them, will affect how they look and how durable they are. Because you may wear your jeans often, they should be well-constructed.

  **Placket and Closures:** The fly area should be faced or of double fabric thickness. The fly can be closed with a zipper or buttons.

  - If buttons are used, they should be attached firmly to the underlap. The buttonholes should be through at least two thicknesses of denim. They should be the correct size for the buttons being used and be spaced the correct distance apart. The fly overlap should cover the buttons smoothly so the front of the jeans creates a neat appearance when they are buttoned.

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A zipper fly should be finished neatly. Two rows of stitching are better than one to hold the zipper in place. The rows of stitching should be even and straight. When zipped, the fly should cover the zipper and lie neatly in place.

**Reinforcements:** Reinforcements are used in good-quality denim jeans to make them more durable. Rivets and/or thread bar tacks are used in the corners of pockets, belt loops and the bottom of the zipper placket. Side pockets should be inspected when you choose jeans. The bottom of the pockets should be stitched twice so seam edges are enclosed to prevent raveling and getting holes in them.

**Seams:** Flat felled seams have two rows of stitching and are enclosed on both the outside and inside of the jeans. Seams of this type leave no open seam allowances to unravel during wear and laundering. Aside from durability, flat felled seams tend to look much cleaner and more appealing. Where seams are not flat felled, they should be serged, or over-locked stitched, to cover the raw edge and reduce raveling. An over-lock stitch features threads that often loop under and over each other. However, over-lock stitches that come into frequent contact with the wearer (crotch and in the back) end up not being as durable as one may think. Instead of stopping fraying from the outset, over-locked stitching only slows it down due to the interwoven nature of its thread.

**Finishes**

♦ Years ago, consumers would break in their own denims by wearing and laundering. Now, the trend is to buy already broken-in jeans. This fashion look in jeans is called “distressed denim.” Some terms for this are sandblasted, stonewashed, ravaged, aged, white washed, bleached and prewashed. These treatments give the fabric a softer feel and more texture.

♦ You may like the look of distressed denim, but you need to know that the durability is decreased, so the life of the garment is shortened. The excessive treatment weakens fibers and may cause holes to form and seams to break in the jeans. Shrinkage will be less of a problem in the purchased jeans because the treatments used on the fabric will pre-shrink it.

**Embellishments**

♦ A trend in jeans is the addition of embellishments. Examples are embroidery, studs, back pocket detail and the addition of crystals or sequins. These details can increase the price dramatically, depending on the amount of added labor. The threads and stitching on embroidery should be fastened to last through multiple washings. The jeans should have no loose threads. Studs and crystals should be attached securely. Embellishment on back pockets can affect comfort. Be sure to try the jeans by sitting to determine if they still are comfortable to wear.
Style/Cut

♦ You have many styles of jeans from which to choose. Do you want skinny, slim-fit, regular, relaxed (loose fit) or a baggy look? Do you like flared or bootcut? Do you like low-rise, hip-huggers, a waistband or no waistband? Do you want a particular brand?

➤ The leg width adds a fashion detail and influences garment fit. Skinny, straight leg, and boot cut silhouettes are just some of the choices available.
➤ Fashion and styling details will add special looks to your jeans. These include special designs and additions, such as glitter and brads. Other details are pleats, tucks, buttons or snaps, and pocket designs.
➤ The color choices on the market today are endless. Choose colors that will fit in your wardrobe.

Brand Names

♦ Brand competition in the jeans market is intense; more than 100 luxury or premium denim brands are on the market. Brand-name clothing designers add fashion and styling details, such as pocket shapes, top-stitching, embroidered labels and other trims. Often this adds extra cost to the jeans that may not be necessary for a good pair that is comfortable to wear. You also can find designer brands at thrift shops or second-hand stores at a lower price. Beware of fake or counterfeit designer brands that are sold on the Internet. They might be lower in price, but the quality is also lower.

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Situation Statement:
Ross wants to buy a new pair of jeans to wear at the county fair. He likes a dark blue color for his jeans. He wants a pair of jeans with a relaxed fit and a zipper-fly closure. He wants his jeans to be made of 100% cotton.

Standards:

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<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dark blue color</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
</tr>
<tr>
<td>Relaxed fit</td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Zipper-fly closure</td>
<td></td>
<td></td>
<td>X</td>
<td></td>
</tr>
<tr>
<td>100% cotton</td>
<td></td>
<td></td>
<td></td>
<td>X</td>
</tr>
</tbody>
</table>

Class Items:
1. Carhartt Relaxed Fit Jeans
2. Wrangler Relaxed Fit Jeans
3. Levi's 569 Loose Straight Leg Jeans

Placing: 2-1-3-4  Cuts: 2-4-6

Reasons:
I place this class of jeans: 2-1-3-4.

I place 2 over 1 because 2 has a zipper-fly closure, while 1 has a button-fly closure.

I place 1 over 3 because 1 is a pair of relaxed fit jeans, while 3 is a pair of loose straight leg jeans.

I place 3 over 4 because 3 is a dark blue color, while 4 is a faded light blue color.
3 is made of 100% cotton, while 4 is made of a blend of 80% cotton/18% polyester/2% lycra.

I place 4 last because it is not a dark blue color. It is not a pair of relaxed fit jeans. It does not have a zipper-fly closure. It is not 100% cotton.

For these reasons, I place this class of jeans: 2-1-3-4.
100% cotton
Machine washable
Tumble dry
Button-fly closure
Darkstone color (dark blue)
Sample Class – Beginner
Jeans
Ross

#2

Wrangler Relaxed Fit Jeans

Cut to be roomier through the seat and thigh
Classic five-pocket
Heavyweight denim in a dark blue color
Zipper-fly closure
Made of 100% cotton
Machine wash
Imported
Levi's 569 Loose Straight Leg Jeans

Feature a low rise on the hips and straight leg opening
Stonewash color (dark blue)
100% cotton fabric
Button-fly closure
Sample Class – Beginner
Jeans
Ross

#4

American Eagle Low Rise Bootcut Jeans

Made of a blend of 80% cotton/18% polyester/2% lycra
Lightweight stretch denim that has been treated with sandblasting
Button-fly
Faded light blue color
Back pockets with button-close flaps
Imported
Machine wash