4-H CONSUMER DECISION MAKING

2019 Study Guides & Sample Classes

Junior Division (Ages 10 - 13)
Senior Division (Ages 14 - 18)

Bicycles
Dining Out
Toothpaste

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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Bicycles have been around since 1886, but the way they look has changed quite a bit. One reason for this is that bikes are now used for many different purposes, such as mountain biking, commuting to work, racing, exercise, or just for fun. Because they have so many different uses, we need bikes that have different structures and features. When selecting a bike, you will need to think about how you will be using it.

**Types of Bikes**

*Mountain Bike:* Mountain bikes are designed for “off-road” riding, but they can also be ridden on paved and rocky trails. Mountain bikes have big tires with lots of tread that give your bike traction, which helps you not to slip. The handlebars on this type of bike should be straight to help you sit upright. Some features you may want to consider for your mountain bike are suspensions to help absorb shock when riding bumpy trails, and multiple gears, usually 21-27, to make going up and down hills easier.

*Trail Bike:* Trail bikes are good for trails or the road. They are ideal for casual, fun riding because they have upright handlebars, 21-24 gears, and slightly knobby tires, which help to grip trails.

*Road Bike:* Road bikes are designed to be used on the road and smooth trails. A variation of this bike is also used for road races. Unlike the mountain bike, this bike has skinny, smooth wheels because it does not need as much grip as the mountain bike. Road bikes also have curved handlebars, allowing the rider to lean lower while riding to keep air from slowing down the bike. These bikes can come in a variety of gear settings.

*Trick Bikes:* Trick bikes are similar to trail bikes, but they have handlebars that can completely spin around. They also have pegs for a rider to stand on while performing tricks. These bikes only have one speed, and sometimes they have brakes for each wheel.

*BMX Bike:* The BMX bike is a stunt bicycle used for dirt riding and jumps. The BMX bike has a strong, but lightweight frame to make it good for racing around a course. The wheels are smaller and have tread to keep them steady.

*Comfort Bikes:* Comfort bikes are similar to trail bikes, but the distance from the seat to the handlebars is shorter, so you do not have to lean as much. These bikes are generally used for fun, but can also be used for commuting. These bikes often have wider seats and pedals, and they may have anywhere from 7 to 24 gears.
**Children’s Bikes:** Children’s bikes are designed for children just learning to ride a bicycle and are generally for children under age 12. Children’s bikes can come with brakes on the pedals, called coaster brakes, or handbrakes. They sometimes come with *training wheels*, which are wheels that attach to either side of the rear wheel to keep a bike balanced. These bikes have small wheels and have only one speed.

**Parts of a Bike**

**Frame:** The largest part of a bike is called the *frame*. All bikes have a frame, and there are different types of frames. The two most popular types are *triangle frames* and *step-through frames*. *Step-through frames* were originally designed to be women’s bikes, but they can be a good option for anyone, especially people who have a harder time swinging their leg over a *triangle bike frame*.

**Seat:** The *seat* or *saddle* is the part of the bike that you sit on. There are many seat options depending on what type of bike you want and what you will be using it for. There are three basic types of seats:
- **Racing:** Thin, hard saddles that allow for full movement and prevent chafing
- **Comfort:** Wide saddles with larger amounts of padding that allow for moderate pedaling and are designed to absorb some of the bumps and vibrations in the road
- **Cruiser:** Wide, cushioned saddles designed for riding for fun; often found on children’s bikes
**Wheels**: The bigger that a bike’s wheels are, the faster the bike will go. However, smaller wheels are easier to pedal. The size wheels you want also depends on how you will be using your bicycle. Wheels also come in different widths. Racing bikes and other road bikes use thinner tires, while mountain bikes and BMX bikes use thicker tires. Bikes can also be equipped with snow tires in the winter for people who are using their bikes to commute.

**Handlebars**: Handlebars are used to steer a bicycle. There are a variety of types that can be used for biking, but the three most common are:
- **Flat Bars**: Most popular type of handlebar; versatile
- **Cruiser Bars**: Allows the rider to control the bike without leaning over too much
- **Drop Bars**: Used most often on racing bikes or bikes used for commuting; very aerodynamic; makes pedaling easier

**Gears and Shifting**: The gears help with the speed and easiness of pedaling. The more gears your bike has, the easier your ride will be when riding up and down hills. Using gears allows you to pedal with the same amount of effort whether you are riding uphill, downhill, or on a flat surface.

**Brakes**: Brakes are an important part of a bicycle. They help you to slow down or stop. *Coaster brakes* are brakes that work by pedaling backwards. These are often found on children’s bikes. *Handbrakes* are attached to the handlebar and are engaged by squeezing. There are three types of handbrakes:
- **Caliper Brakes**: Moves both sides of the caliper to the rim in one motion. Never pull the front brake without the back brake to avoid a head over heels crash. These brakes do not work well when wet.
- **Cantilever Brakes**: Have two separate arms, one on each side of the rim. Requires less hand force to stop the bicycle than a caliper brake.
- **Hydraulic Disc Brakes**: A closed system of hoses and reservoirs containing a special fluid to operate the brakes. A plunger pushes fluid into the caliper where pads push on the rotor and stop the bike. This brake is not affected by water, dirt, or other things. Disc brakes must be inspected on a regular basis because air bubbles in the hoses can cause them to fail.
Safety

Make sure your bike fits you right now, and is not something that you will grow into. Always follow the rules of the road, including stoplights and stop signs. Pay attention to your surroundings and those next to you. Always wear a helmet that fits you, good shoes that are close-toed (no flip flops), and if you are learning or practicing tricks, wear elbow pads, wrist guards, and knee pads.

Sources


Adapted from the 2018-2020 National 4-H Consumer Decision Making Contest Study Guides Manual; Reviewed and revised April 2019 by Kelsey Henderson, NDSU Center for 4-H Youth Development Undergraduate Student Assistant; and Meagan Scott, NDSU 4-H Youth Development Specialist

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Situation Statement:
Brian has $700.00 to spend on a new bike. He would like a road bike because he will be using it for commuting to and from work. He needs drop handlebars for comfort. Brian would like a blue, gray, or black bike.

Standards:

<table>
<thead>
<tr>
<th></th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
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</thead>
<tbody>
<tr>
<td>$700.00 or less</td>
<td>X</td>
<td>X</td>
<td>$850.00</td>
<td>X</td>
</tr>
<tr>
<td>Road bike</td>
<td>$650.00</td>
<td>$300.00</td>
<td>$400.00</td>
<td>X</td>
</tr>
<tr>
<td>Drop handlebars</td>
<td>X</td>
<td>X</td>
<td></td>
<td>X</td>
</tr>
<tr>
<td>Blue, Gray, or Black</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
</tr>
</tbody>
</table>

Class Items:
1. Liv Avail 3
2. GT Men’s Pro Mountain Bike
3. Trek Domane AL 2
4. Lowry Step-Thru

Placing: 1-4-2-3  Cuts: 7-2-2

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

I place 1 over 4 because 1 has drop handlebars, while 4 has flat handlebars.
1 is gray, while 4 is orange.

I place 4 over 2 because 4 is a road bike, while 2 is a mountain bike.
Grant: 2 is gray/blue.

I place 2 over 3 because 2 costs $700.00 or less, priced at $300.00, while 3 exceeds $700.00 with a price of $850.00.
Grant: 3 is a road bike.
Grant: 3 has drop handlebars.

I place 3 last because it is not priced $700.00 or less.

For these reasons, I place this class of bicycles 1-4-2-3.
Sample Class – Junior & Senior
Bicycles
Brian

#1

Liv Avail 3

Cost: $650.00
This sleek road bike is perfect for a commuter. The 14 gears make riding to work a breeze. Drop handlebars allow for increased speed and allow you to become more aerodynamic.
Color: Gray
GT Men’s Pro Mountain Bike

Cost: $300.00
This bike is the perfect way to conquer the mountains. Large tires are the answer for rocky terrain, winding trails, and anything else that comes your way. Flat handlebars increase control and keep you upright.
Color: Gray/Blue
Sample Class – Junior & Senior
Bicycles
Brian

#3

Trek Domane AL 2

Cost: $850.00
The Trek Domane AL is the perfect solution for comfortable road biking. It is a joy to ride and a quality bike. Equipped with drop handlebars and 16 gears, the Trek Domane AL is perfect for commuting.
Color: Black
Sample Class – Junior & Senior
Bicycles
Brian

#4

Lowry Step-Thru

Cost: $400.00
The Lowry Step-Thru is the perfect bike for the casual rider. Explore on this sleek and colorful bike. Easy to ride through your neighborhood or on smooth trails. The comfortable seat and curved, flat handlebars keep you riding with ease.
Color: Orange
Restaurants, gas stations, grocery stores, and fast food restaurants have a lot of choices for consumers to pick from. However, they often offer larger portions that can make it easy to eat or drink too many calories. This can also increase your intake of saturated fat, sodium, and added sugars without intending to. This is why it is important to be conscientious when eating food you do not make for yourself.

Key Terms

Daily Values (DV): The amount of a nutrient needed daily as determined by the Food and Drug Administration.

Fiber: The part of plant foods that cannot be digested. Fiber is beneficial because it reduces the risk of coronary heart disease, reduces constipation, and promotes a full feeling.

Food Group: The basic food groups are grains, fruits, vegetables, dairy, and protein.

- Grains: bread, rice, oatmeal, etc.
- Fruits: apples, oranges, berries, mangos, etc.
- Vegetables: broccoli, spinach, peppers, carrots, etc.
- Dairy: milk, yogurt, cottage cheese, etc.
- Protein: meat, eggs, seeds, nuts, etc.

Nutrients: Substances the body needs to grow and function. Nutrients include carbohydrates, protein, fats, water, vitamins, and minerals.

Nutrient-dense Foods: Foods that provide large amounts of vitamins and minerals and few calories.

Portion Size: The amount of food eaten at one time. Portion sizes at restaurants, especially fast food restaurants, have been increasing steadily over the years. It is important to notice portions and to not overeat.

Serving Size: A standardized amount of a food, such as a cup or an ounce, shown on the Nutrition Facts label, if available.
**Whole Grains:** Foods made from the entire grain seed. Whole grains can help with constipation, weight management and reducing the risk of heart disease. Examples of whole grains include popcorn, wild rice, quinoa, oatmeal, flaxseed, and whole-wheat tortillas. Watch for misleading labeling.

**Food Allergies:** The body's reaction, such as digestive problems, hives, difficulty breathing or even death, caused by eating a certain type of food. Someone who is allergic to a particular food should not eat the food or foods.

**Being Mindful When Dining Out**

It can be harder to monitor nutrient intake when menus do not list full nutrition information as packaged foods do. This is why it is important to plan ahead when dining out. Most chain restaurants have online websites listing menu options and nutrition information that consumers can read. Also, keep in mind that fast food restaurants may be more convenient and inexpensive, but they often do not provide nutrient-dense foods.

**Remember to...**

- Keep these low: calories, saturated fats, trans fat, and sodium
- Get enough of these: potassium, fiber, vitamins A and C, calcium, and iron
- Check for added sugars using the ingredients list
- Use the % daily value (DV) column when possible: **5% DV or less is low and 20% DV or more is high.** However, menus may not list the calculated % DVs for customers.

**How to Calculate % Daily Value**

These Daily Values are based on a 2,000 calorie diet:

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Recommended Daily Value (DV)</th>
<th>Goal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>65 grams</td>
<td>Less than</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>20 grams</td>
<td>Less than</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>300 milligrams</td>
<td>Less than</td>
</tr>
<tr>
<td>Sodium</td>
<td>2400 milligrams</td>
<td>Less than</td>
</tr>
<tr>
<td>Total Carbohydrates</td>
<td>300 grams</td>
<td>At least</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>25 grams</td>
<td>At least</td>
</tr>
</tbody>
</table>
Additional Items to Look for Regarding Nutrition Information

**Calories:** 2,000 calories is the value used as a general reference for standard caloric intake. However, the amount of calories you need each day depends on your age, gender, activity level, and whether you are trying to gain, maintain, or lose weight. Be sure to look at the serving size and how many servings you actually are consuming. If you double the servings you eat, you double the calories.

You easily can consume your calories on a few high-calorie food items, but you most likely will not get the vitamins and nutrients your body needs. Instead, choose nutrient-dense foods that are packed with vitamins, minerals, fiber, and other nutrients but are lower in calories. Remember, calories come from both food and beverages, so make your calories count!

**Sugars:** Look for foods and beverages low in added sugars. Sugars contribute calories with few, if any, nutrients. The Nutrition Facts label lists how many grams of sugar the food contains, but does not list added sugars separately. The amount listed on the Nutrition Facts label includes sugars that are naturally present in foods and sugars added to the food during processing or preparation.

High-sugar foods can serve as a quick energy boost but often leave you feeling tired and hungry later due to a drop in blood sugar. Read the ingredients list and make sure that added sugars are not one of the first few ingredients. Some names for added sugars (caloric sweeteners) include sucrose, glucose, high-fructose corn syrup, corn syrup, corn sweetener, honey, dextrose, fruit juice concentrates, lactose, maltose, malt syrup, molasses, maple syrup, and fructose. Many foods that contain added sugars often supply calories, but supply few or no vitamins and minerals and no dietary fiber.
**Fats:** The Dietary Guidelines for Americans (2015) suggests limiting saturated fats and trans fats. The guidelines also recommend that less than 10 percent of calories per day come from saturated fats. Foods that are high in fats are usually high in calories.

**Sodium:** The Dietary Guidelines for Americans (2015) recommends consuming less than 2,300 milligrams (mg) of sodium per day. Most of the sodium people eat comes from processed foods, not from the salt shaker. Read the Nutrition Facts label to choose foods that are lower in sodium. Use the % DV to determine the levels of sodium in the food product. **5% DV or less is low and 20% DV or more is high.**

Reducing sodium intake can reduce blood pressure. Keeping blood pressure in the normal range reduces the risk of cardiovascular disease, congestive heart failure, and kidney disease.

**Protein-Packed Meals**

The idea of eating more protein has gained popularity in recent years. Some people may think the way to build body muscle is to eat high-protein diets and use protein powders, supplements, and shakes. However, most of us get what we need from the foods we eat. Protein is in many foods that we eat and plays a key role in our bodies.

Protein is made up of amino acids which function as building blocks for bones, muscles, cartilage, skin, and blood. Amino acids help build and repair all body tissue and form antibodies to fight infection. Proteins are digested more slowly, and therefore act as longer lasting fuel and help keep us feeling full.

It is good to have high-protein foods in place of high-sugar foods. For example, choose a glass of skim or low-fat milk instead of drinking a sweetened beverage, and you will take in 8 extra grams of protein. You can add lean protein at any meal, but adding it to your breakfast may be especially helpful.

The Dietary Guidelines for Americans (2015) recommends eating a variety of protein foods, including seafood, lean meats and poultry, eggs, legumes, nuts, seeds, and soy products. While meat, in general, is a good source of protein, it can be high in fat. Be sure to check the Nutrition Facts label for the saturated fat, trans fat, and sodium content.
Tips for Dining Out

- Order a salad at the beginning of the meal to feel fuller sooner. (If you want dressing, ask for it on the side.)
- Share a main dish and ask for extra plates to better manage portions.
- Side dishes and appetizers can make for a main meal.
- Incorporate fruits and vegetables into your meal.
- Aim for whole grain foods. You can request whole-wheat bread, rolls, and pasta.
- Calories come from both food and beverages. Consider your overall, daily caloric needs when choosing meals. Water and milk are your best beverage choices.
- Do not feel obligated to finish your meal. Ask for a to-go container and have the rest later.

Sources


Adapted from the 2018-2020 National 4-H Consumer Decision Making Contest Study Guides Manual by Courtney F. Dodd, Ph.D., Assistant State Leader/Assistant Professor & Extension Specialist Texas A&M AgriLife Extension Service – 4-H Youth Development; Reviewed and revised April 2019 by Holly Johnson, NDSU Family & Community Wellness Extension Agent; Julie Garden-Robinson, NDSU Professor/Food and Nutrition Specialist; and Kayla Carlson, NDSU Family & Community Wellness/4-H Youth Development Extension Agent

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Situation Statement:
Sherry is dining at Olive Garden with her sister and is trying to decide what to order. She would like the menu option to cost no more than $15.00. Sherry would prefer her meal to be no more than 1000 calories. She also wants her meal to have 0 grams of trans fat. Sherry does not like Alfredo sauce.

Standards:

<table>
<thead>
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<td>$15.00 or less</td>
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<tr>
<td>1000 calories or less</td>
<td></td>
<td>1010</td>
<td></td>
<td>1005</td>
</tr>
<tr>
<td></td>
<td>780</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>0 grams of trans fat</td>
<td>X</td>
<td>X</td>
<td>1.5</td>
<td>X</td>
</tr>
<tr>
<td>No Alfredo sauce</td>
<td>0</td>
<td>0</td>
<td>1.5</td>
<td>0</td>
</tr>
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Class Items:
1. Fettuccine Alfredo
2. Braised Beef Bolognese
3. Grilled Chicken Parmigiana
4. Cheese Ravioli with Meat Sauce

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

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

I place 4 over 1 because 4 has meat sauce, while 1 has Alfredo sauce.

I place 1 over 3 because 1 costs $15.00 or less, priced at $13.49, while 3 exceeds $15.00 with a price of $16.29.

1 has 0 g of trans fat, while 3 has 1.5 g.

Grant: 3 has 1000 calories or less.
Grant: 3 has no Alfredo sauce.

I place 3 over 2 because 3 has 1000 calories or less having 780 calories, while 2 contains 1040 calories.

3 has marinara sauce, while 2 has Alfredo sauce.
Grant: 2 has 0 g of trans fat.

I place 2 last because it is not $15.00 or less.
It does not have 1000 calories or less.
It has Alfredo sauce.

For these reasons, I place this class of menu items 4-1-3-2.
Sample Class – Junior & Senior
Dining Out
Sherry

#1

**Fettuccine Alfredo**

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
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<tbody>
<tr>
<td>Price</td>
<td>$13.49</td>
</tr>
<tr>
<td>Calories</td>
<td>1010</td>
</tr>
<tr>
<td>Calories from fat</td>
<td>500</td>
</tr>
<tr>
<td>Total fat</td>
<td>56 grams</td>
</tr>
<tr>
<td>Saturated fat</td>
<td>34 grams</td>
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<tr>
<td>Trans fat</td>
<td>0 grams</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>155 milligrams</td>
</tr>
<tr>
<td>Sodium</td>
<td>850 milligrams</td>
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<tr>
<td>Total carbs</td>
<td>97 grams</td>
</tr>
<tr>
<td>Dietary fiber</td>
<td>7 grams</td>
</tr>
<tr>
<td>Sugars</td>
<td>5 grams</td>
</tr>
<tr>
<td>Protein</td>
<td>30 grams</td>
</tr>
</tbody>
</table>

Parmesan cheese, heavy cream, and garlic over fettuccine pasta
Contains: dairy, wheat, and gluten
Sample Class – Junior & Senior
Dining Out
Sherry

#2

Braised Beef Bolognese

Price $16.99
Calories 1040
Calories from fat 410
Total fat 46 grams
Saturated fat 21 grams
Trans fat 0 grams
Cholesterol 145 milligrams
Sodium 2240 milligrams
Total carbs 106 grams
Dietary fiber 6 grams
Sugars 11 grams
Protein 51 grams

Meat sauce with braised beef and Italian sausage over pappardelle pasta and alfredo sauce
Contains: dairy, wheat, gluten, soy, and sulfites

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Sample Class – Junior & Senior
Dining Out
Sherry

#3

Grilled Chicken Parmigiana

Price $16.29
Calories 780
Calories from fat 290
Total fat 32 grams
Saturated fat 10 grams
Trans fat 1.5 grams
Cholesterol 180 milligrams
Sodium 1850 milligrams
Total carbs 54 grams
Dietary fiber 6 grams
Sugar 12 grams
Protein 74 grams

Grilled chicken breasts topped with marinara sauce, Italian cheeses, and breadcrumbs with a side of spaghetti
Contains: dairy, wheat, gluten, soy, and sulfites
#4

**Cheese Ravioli with Meat Sauce**

Ravioli filled with Italian cheeses topped with meat sauce containing braised beef and Italian sausage
Contains: dairy, egg, wheat, gluten, soy, and sulfites

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Value</th>
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<tbody>
<tr>
<td>Price</td>
<td>$13.99</td>
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<tr>
<td>Calories</td>
<td>1005 Cal</td>
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<tr>
<td>Calories from fat</td>
<td>410 Cal</td>
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<tr>
<td>Total fat</td>
<td>46 grams</td>
</tr>
<tr>
<td>Saturated fat</td>
<td>24 grams</td>
</tr>
<tr>
<td>Trans fat</td>
<td>0 grams</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>170 milligrams</td>
</tr>
<tr>
<td>Sodium</td>
<td>2190 milligrams</td>
</tr>
<tr>
<td>Total carbs</td>
<td>65 grams</td>
</tr>
<tr>
<td>Dietary fiber</td>
<td>4 grams</td>
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<tr>
<td>Sugars</td>
<td>11 grams</td>
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<tr>
<td>Protein</td>
<td>50 grams</td>
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Brushing your teeth is an important part of maintaining a healthy smile. You should brush your teeth with a toothpaste that meets your needs. But with more than 110 types of toothpaste on the market, each promising to make your teeth stronger, whiter, and healthier, it can be hard to decide which one to buy.

**Key Terms**

**Plaque:** There is bacteria in your mouth that you can normally remove by brushing. However, when you do not brush, or do not brush well, the germs stick to your teeth and form plaque. Plaque is a soft, sticky film that forms on your teeth. Plaque can be very bad for your teeth because it creates acid that can cause cavities.

**Fluoride:** Fluoride is an ingredient in toothpaste that fights cavities. You want a toothpaste that is a “quick release,” meaning it releases fluoride within the first minute of brushing. Look for the ADA (American Dental Association) seal and read it to see what it includes.

**Tartar:** Tartar is a plaque that has combined with food particles to create a hard, yellow mass that only dentists can remove. If you brush your teeth well, you may not form as much tartar, but some people still have a hard time controlling it. Tartar control toothpaste can help keep tartar down, but it will not remove tartar that is already formed.

**Sensitive Teeth:** Some people have teeth that hurt when they are exposed to heat, cold, or pressure. There are some toothpastes that can block the nerve endings that cause pain. **However, you should only use sensitive tooth toothpaste for a few weeks.**

**Things to Consider When Buying Toothpaste**

**Is it ADA Approved?** ADA stands for the American Dental Association. The ADA promotes good oral health using science-based information. Toothpaste brands can submit their toothpaste products to the ADA for approval, and if the toothpaste meets certain standards, it can carry the ADA approved label. Toothpastes that are ADA approved must contain fluoride, have no flavorings or ingredients that cause tooth decay (such as sodium saccharin, which is a sugar), and the toothpaste must release fluoride within one minute of brushing teeth. However, submitting a toothpaste to the ADA is voluntary, and many companies choose not to, so the ADA seal should not be your only factor in determining a toothpaste.
**Taste:** Toothpastes come in many different flavors, so choose the one you like the most. If you use a flavor of toothpaste you do not enjoy, it is likely that you will not brush as long or as well as you should.

**Fluoride:** The ADA recommends that people of all ages use toothpastes containing fluoride. However, it is especially important for children, who are more likely to get cavities. If a toothpaste contains fluoride, it will be listed under the active ingredients. Some common forms of fluoride are sodium fluoride, stannous fluoride, or sodium monofluorophosphate.

<table>
<thead>
<tr>
<th>Type of Toothpaste</th>
<th>Purpose/Special Qualities</th>
</tr>
</thead>
</table>
| Whitening          | • Removes and/or prevents stains from forming on teeth  
                      • Can reduce the appearance of stains over time and make teeth look whiter |
| Tartar Control     | • May contain *sodium pyrophosphate* or *sodium hexametaphosphate*  
                      • Helps prevent tartar from forming on the teeth or sometimes even below the gum line |
| Desensitizing      | • Creates a barrier and prevents irritants from reaching the nerves in the tooth |
| Fluoride           | • Can be added to almost any type of toothpaste  
                      • This is a good choice for people who need help protecting themselves from cavities, such as children or seniors |
| Gum Health         | • Can help control dental plaque and reduce the risk of gum disease in the future |
| Natural or Organic | • Designed for people who are uncomfortable brushing their teeth with chemicals  
                      • Natural toothpastes often *do not contain fluoride* and have varied results |
| Children’s         | • Designed for children, who can get cavities very easily  
                      • Sometimes very high in sugar; read the label to be sure it is a good choice |
| Baby or “Swallow-Safe” | • Most toothpastes are designed for children ages 2 and up. However, some parents would like to establish good brushing habits in young children. Because of this, there are “swallow-safe” baby toothpastes for infants and toddlers. These toothpastes do not contain fluoride because some health effects can occur if young children swallow too much fluoride. |
| Baking Soda | • Traditionally, people brushed their teeth with baking soda; some people prefer to do that even today |
| Gels and Tooth Powders | • Some people do not like the taste or consistency of regular toothpaste, so they use gels or tooth powders  
• No proof that gels or powders work better than toothpaste; many do not contain fluoride; powders can also be rough on your teeth |

**Sources**


Adapted from the 2018-2020 National 4-H Consumer Decision Making Contest Study Guides Manual by Cheryl Varnadoe, Georgia 4-H Faculty; Reviewed and revised April 2019 by Kelsey Henderson, NDSU Center for 4-H Youth Development Undergraduate Student Assistant; and Meagan Scott, NDSU 4-H Youth Development Specialist

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2019 Consumer Decision Making Sample Class
Junior & Senior – Toothpaste
Grace

Situation Statement:
Grace’s mom gave her $3.00 to spend on a new toothpaste. She is 6 years old. Grace does not like the flavor of mint. Her friend just got a Princess Elsa toothpaste and now Grace would like a princess or animal themed toothpaste as well.

Standards:

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<th></th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
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<td>$3.00 or less</td>
<td>X</td>
<td>X</td>
<td>$2.77</td>
<td>$2.52</td>
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<tr>
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<td>X</td>
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<tr>
<td>for a 6-year-old</td>
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<td></td>
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<tr>
<td>Not mint flavored</td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Princess or</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>animal themed</td>
<td>X</td>
<td></td>
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</tr>
</tbody>
</table>

Class Items:
1. Crest Frozen Toothpaste
2. Aquafresh Kids Toothpaste
3. ACT Kids Toothpaste
4. Crest The Incredibles 2 Toothpaste

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

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

I place 4 over 1 because 4 is fruit burst flavored, while 1 is minty breeze flavored. Grant: 1 is princess themed.

I place 1 over 2 because 1 is princess themed, while 2 is not.

I place 2 over 3 because 2 costs $3.00 or less, priced at $2.49, while 3 exceeds $3.00 with a price of $3.29. Grant: 3 is not mint flavored.

I place 3 last because it is not priced $3.00 or less. It is not princess or animal themed.

For these reasons, I place this class of toothpaste 4-1-2-3.
Sample Class – Junior & Senior
Toothpaste
Grace

#1

Crest Frozen Toothpaste

Cost: $2.77

This Princess Elsa themed toothpaste will make your little princess excited to brush her teeth! The minty flavor leaves breath feeling fresh all day long.
Sample Class – Junior & Senior
Toothpaste
Grace

#2

Aquafresh Kids Toothpaste

Cost: $2.49
This toothpaste uses fluoride to protect your child’s teeth. The bubble mint flavor is mild tasting, but leaves your child’s breath minty fresh!
Sample Class – Junior & Senior
Toothpaste
Grace

#3

ACT Kids Toothpaste

Cost: $3.29
This bubble gum toothpaste was developed with your little ones in mind. Fluoride helps to protect and strengthen teeth.
#4

**Crest The Incredibles 2 Toothpaste**

Cost: $2.52

This fruit burst flavored toothpaste contains fluoride to help your child fight cavities. Disney Pixar’s The Incredibles 2 is the perfect toothpaste for your own little superhero.