

## 4-H STANDARD JUDGING CARD

Contestant's  
name or number Official Judge (Junior)

CLUB 2023 Provincial 4-H Judging Rally

CLASS Foods - Balanced Breakfast AGE Jr.

PLACING: First 2  
Second 3  
Third 4  
Fourth 1

Placing score	_____
Reason score	_____
Total	_____

REASONS: (List only main points)

I place 2 over 3 because:

\* Breakfast #2 includes all food groups recommended by Canada's Food Guide, while #3 lacks whole grains.  
\* Opt for green tea over peppermint tea with added sugar.  
\* Avocado provides healthy fats, while feta has higher levels of saturated fat and sodium

I place 3 over 4 because:

\* #3 can be balanced with whole grains later in the day, while #4 has a poor choice of grain and protein and lacks fruits and vegetables altogether.  
\* White bagels lack nutrient-rich germ and bran.  
\* Eggs are a better protein source over cream cheese due to them being nutrient-dense and a complete-protein.

REASONS (list only main points):

I place 4 over 1 because:

\* #4 could be a breakfast eaten occasionally, with added fruits and vegetables consumed throughout the day.  
\* Tea with milk is a better choice over coffee with added sugar.  
\* Cream cheese provides some protein, but none of the ingredients in #1 contain an adequate protein source.

I place 1 last because:

\* It does not meet Canada's Food Guide criteria for food groups.  
\* It is high in added sugars, which should be limited.  
\* It contains grains, but not whole grains for fibre.

These are my reasons for placing this class of Balanced Breakfasts 2, 3, 4, 1.