

## 4-H STANDARD JUDGING CARD

Contestant's  
name or number Official Judge (Senior)

CLUB 2023 Provincial 4-H Judging Rally

CLASS Foods - Balanced Breakfast AGE Sr.

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 sugary peppermint tea.
- Avocado provides healthy fats, while feta should be consumed in moderation due to its higher levels of saturated fat & sodium.

I place 3 over 4 because:

- #3 covers more of the recommended food groups than #4.
- #3 can be balanced with whole grain foods later, while #4 has poor choice of grain (lack nutrient-rich germ & bran) & protein, and lacks fruits & veggies altogether.
- Eggs are better protein source to cream cheese, due to its nutritious & complete protein profile.

REASONS (list only main points):

I place 4 over 1 because:

- #4 could be a "sometimes" breakfast, being mindful to consume plenty of vegetables & fruits later in the day.
- Tea with milk is a better choice than coffee with cream and sugar.
- Cream cheese provides some protein, while none of the ingredients in #1 constitute an adequate protein source.

I place 1 last because:

- Doesn't meet Canada's Food guide criteria for food groups.
- Contains grains but not whole grains.
- High in added sugars; added sugars should be limited.
- Cream and butter contain essential nutrients, however are also high in calories & saturated fat; enjoy in moderation.

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