

K-STATE

Research and Extension



*Contest Host
Use only:*

Start time:

*Completion
time:*

Name _____ 4-H Age _____

Name _____ 4-H Age _____

County/District _____

2017 Family and Consumer Sciences Intermediate Judging Contest

SuperTracker Activity

Challenge - Design a lunch and snack menu for a 13 year old boy or girl. Target calorie amounts are:

boy: 700 calorie lunch; 200 calorie snack

girl - 500 calorie lunch; 100 calorie snack

1. Each team will draw a challenge scenario packet that will provide target calorie needs for a boy or girl and a food from the grocery store flyer that must be included in the food plan.
2. Review the resource information on the “SuperTracker My Plan” to understand total food group amounts needed and “what counts as...”
3. Select food choices (from photo cards), determine portion size and note total calories, saturated fat, sodium and total carbohydrates on the worksheet.
 - Your menu should include the food from the grocery store sales flyer.
 - Please note that the portion size on your menu choices could be larger or smaller than a serving size.
4. **Optional for local units:** Put your food choices on the “plate” and have the contest host take a photograph with your food selections.
5. Submit your completed worksheet to contest host. Teams have 30 minutes to complete the activity.

