**Option #1 - JUDGING CONTESTS**

In most contests, participants choose between 4 given options. Not “good” or “bad”

“Most ideal ”to “Least ideal” compared to:
- Quality Standards
- Scenario / Situation Given

What are some simple classes you can set up in a foods project meeting for practice?
1) 
2) 
3) 

**Option #2 - DECISION MAKING MODEL** – 4-H Health Rocks – Healthy Life Series – Beginning Level

1. Identify the decision to be made.

2. Brainstorm possible options or choices.

3. Select the options that are the best.

4. List the positives and negatives of each selected option. Think about short-term and long-term consequences.

5. Choose the best option.

Situation: _____________________________________________________________________________

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<thead>
<tr>
<th>OPTIONS:</th>
<th>POSITIVES:</th>
<th>NEGATIVES:</th>
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<td>(Write your option here.)</td>
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**CONCLUSION:**
Choose the best of all of the options: __________________________________________________________

How could this be used in a Foods Project Meeting?

Adapted by Diane Mack, NE Area 4-H Specialist, 2012
Original developed by Beth Hinshaw, SE Area 4-H Specialist, 2011