

Junior/ Intermediate Compact Florescent Light Bulbs

Judy has become very energy conscious and has decided to switch to the compact florescent light bulbs. Judy is looking for CFL light bulbs for her ceiling fan. The ceiling fan calls for a 60 Watt incandescent light bulb so she needs to pick a CFL that will be comparable. Judy would like a CFL bulb that will put off a lot of light, and at the same time get a low cost bulb. Which bulb should Judy Choose?

1. GE Rough Service Worklight

- Energy used: 75 watts
- Light output: 750 lumens
- Bulb Life: 1000 hours
- Price: \$3.99

2. Great Value Soft White Compact Fluorescent Bulb

- Energy Used: 13 W comparable to 60 watts
- Light Output: 825 lumens
- Bulb Life: 8000 hours
- Price: \$1.88
- Energy Star Rating

3. Philips Energy Saver 60 Soft White A19

- Energy Used: 14 W comparable to 60 watts
- Light Output: 800 lumens
- Bulb Life: 8000 hours
- Price: \$4.24
- Energy Star Rating

4. GE GE Energy Smart

- Energy Used: 15 W comparable to 60 watts
- Light Output: 825 lumens
- Bulb Life: 10,000 hours
- Price: \$3.88
- Energy Star Rating

Sun Protective Clothing

Seventeen year old John will volunteer as a guide at the local state park. He and his mother are shopping for a shirt for him to wear while giving tours throughout the hot Texas summers as well as the cool fall evenings. John would like to look professional while giving his tours. The shirt needs to stand up to many washings and be quick drying, so he is looking for a shirt which will keep him dry on hot days. He has \$60.00 to spend on this purchase. Which shirt would be the best choice for John?



1



Columbia Trajectory Shirt - Long Sleeve - Men's

On Sale: \$44.96 25% off regularly \$59.95

Stuff the Columbia Men's Trajectory Long-Sleeve Shirt into your pack. This regular-fit shirt is an easy traveler. A quick dunk in the sink washes away spilled food, and a bit of hanging will leave this quick-dry shirt ready for another week between washes. The Shirt's zippered chest pocket ensures your passport stays safe, while the Omni-Shade UPF 40 keeps the sun off your back.



2

Mountain Hardwear - M's UV/UPF Belay T Long Sleeve

Our Price: \$49.98 **Features:** UPF50+, Fast drying, Wicking, Sturdy stretch fabric, Thumb loops at cuffs, 99% polyester, 1% activated carbon for UV protection and odor control, Center Back Length: 28 inches, Weight - 8oz, Fabric - Body Optimum Tech Jersey (90% Supplex nylon, 10% Elastine), Belay T 's seams rotated from pressure points and flat lock seams for comfort. Great for all round wear, indoor or outdoor, as well as climbing.



3

Cabela's - Long-Sleeve Shirt Regular, Price: \$34.99

Perhaps one of the most overlooked safety precautions when heading outdoors is skin protection. This doesn't mean just putting on sunscreen but wearing clothing that actually provide sun protection. Made of quick-drying 100% nylon, a UPF rating of 50 to block UV rays from penetrating your shirt, keeping your skin safe. Swiss tabs hold rolled-up sleeves. Hook-and-loop collar points for windy days. One zip-close pocket. Imported.

Shown: Sunlight



4

Exofficio Insect Shield Halo Check Shirt - Men's

\$90.00 Fend off annoying insects and harmful ultraviolet rays with the travel-friendly ExOfficio Insect Halo Check shirt.

EPF-registered, odorless Insect Shield Repellant Apparel helps keep biting and potentially disease-carrying insects at bay. Insect Shield is effective through 70 washes. Repel more that insects also provided UPF 30+ protection from the sun. Nylon fabric wicks moisture and is quick drying and wrinkle resistant. Back panel ventilation, multi-entry chest pockets. Hidden buttons keep collar in place; snap-front provides secure closure. Machine washable for easy care.



MYSTERY-JUNIOR/INTERMEDIATE

Mary is looking for a nutritious breakfast she can give to her kids for breakfast as well as a snack after school. She really would like a breakfast that is also good to eat. The kids really love chocolate and marshmallows but really need something nutritious. Please help Mary find the best breakfast and snack that is nutritious and delicious.

1.

Kellogg's® Pop-Tarts® Frosted S'mores

Nutrition Facts	
Serving Size	1 Pastry (52g)
Amount Per Serving	
Calories 200	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 210mg	9%
Total Carbohydrate 36g	12%
Dietary Fiber less than 1g	3%
Sugars 19g	
Protein 3g	
Vitamin A 10% • Vitamin C 0% • Calcium 0% • Iron 10%	
Thiamin 10% • Riboflavin 10% • Niacin 10% • Vitamin B ₆ 10%	
Folic Acid 8%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	
INGREDIENTS: ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE [VITAMIN B ₁], RIBOFLAVIN [VITAMIN B ₂], FOLIC ACID), SUGAR, DEXTROSE, SOYBEAN AND PALM OIL (WITH TBHQ FOR FRESHNESS), GRAHAM FLOUR, HIGH FRUCTOSE CORN SYRUP, CRACKER MEAL, CORN SYRUP, CORN SYRUP SOLIDS, WHEY, CONTAINS TWO PERCENT OR LESS OF CORNSTARCH, MOLASSES, COCOA PROCESSED WITH ALKALI, LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE), MILK CHOCOLATE (SUGAR, CHOCOLATE, COCOA BUTTER, MILK), HONEY, NATURAL AND ARTIFICIAL FLAVORS, SALT, LACTOSE, MODIFIED CORN STARCH, SOY LECITHIN, DRIED EGG WHITES, GELATIN, COLOR ADDED, XANTHAN GUM, VITAMIN A PALMITATE, NIACINAMIDE, REDUCED IRON, PYRIDOXINE HYDROCHLORIDE (VITAMIN B ₆), THIAMIN HYDROCHLORIDE (VITAMIN B ₁), RIBOFLAVIN (VITAMIN B ₂), FOLIC ACID.	
CONTAINS WHEAT, MILK, SOY AND EGG INGREDIENTS.	

NLI#05777



Kellogg's Frosted Flakes®

Nutrition Facts

Serving Size $\frac{3}{4}$ Cup (30g/1.1 oz.)
Servings Per Container About 16

Amount Per Serving	Cereal	Cereal with $\frac{1}{2}$ Cup Vitamins A&D Fat Free Milk
Calories	110	150
Calories from Fat	0	0

% Daily Value**		
Total Fat 0g*	0%	0%
Saturated Fat 0g	0%	0%
<i>Trans Fat</i> 0g		
Cholesterol 0mg	0%	0%
Sodium 140mg	6%	9%
Potassium 20mg	1%	6%
Total Carbohydrate 27g	9%	11%
Dietary Fiber 1g	3%	3%
Sugars 11g		
Other Carbohydrate 15g		

Protein 1g

Vitamin A	10%	15%
Vitamin C	10%	10%
Calcium	0%	15%
Iron	25%	25%
Vitamin D	10%	25%
Thiamin	25%	30%
Riboflavin	25%	35%
Niacin	25%	25%
Vitamin B ₆	25%	25%
Folic Acid	25%	25%
Vitamin B ₁₂	25%	35%

* Amount in cereal. One half cup of fat free milk contributes an additional 40 calories, 65mg sodium, 6g total carbohydrates (6g sugars), and 4g protein.

**Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Potassium	3,500mg	3,500mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: MILLED CORN, SUGAR, MALT FLAVORING, HIGH FRUCTOSE CORN SYRUP, SALT, SODIUM ASCORBATE AND ASCORBIC ACID (VITAMIN C), NIACINAMIDE, IRON, PYRIDOXINE HYDROCHLORIDE (VITAMIN B₆), RIBOFLAVIN (VITAMIN B₂), THIAMIN HYDROCHLORIDE (VITAMIN B₁), VITAMIN A PALMITATE, FOLIC ACID, BHT (PRESERVATIVE), VITAMIN B₁₂ AND VITAMIN D.

CORN USED IN THIS PRODUCT CONTAINS TRACES OF SOYBEANS.

Exchange: 1½ Carbohydrates
The dietary exchanges are based on the *Exchange Lists for Meal Planning*, ©2003 by The American Diabetes Association, Inc. and The American Dietetic Association.



3.

Kellogg's® Special K® Bars Chocolatey Drizzle

Nutrition Facts	
Serving Size	1 Bar (22g)
Servings Per Container	12
Amount Per Serving	
Calories 90	Calories from Fat 15
	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 105mg	4%
Total Carbohydrate 17g	6%
Dietary Fiber less than 1g	1%
Sugars 8g	
Protein 1g	
Vitamin A 0% • Vitamin C 0% • Calcium 0% • Iron 2%	
Thiamin 10% • Riboflavin 10% • Niacin 10% • Vitamin B ₆ 10%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	
INGREDIENTS: CEREAL (RICE, SUGAR, WHOLE GRAIN WHEAT, WHEAT GLUTEN, DEFATTED WHEAT GERM, SALT, WHEAT FLOUR, MALT FLAVORING, MALTODEXTRIN, RIBOFLAVIN [VITAMIN B ₂], THIAMIN HYDROCHLORIDE [VITAMIN B ₁]), CORN SYRUP, SUGAR, VEGETABLE OIL (SUNFLOWER OIL AND PARTIALLY HYDROGENATED PALM KERNEL OIL WITH SORBITAN TRISTEARATE AND MIXED TOCOPHEROLS FOR FRESHNESS)†, FRUCTOSE, DEXTROSE, CONTAINS TWO PERCENT OR LESS OF SORBITOL, COCOA PROCESSED WITH ALKALI, NATURAL AND ARTIFICIAL FLAVOR, GLYCERIN, WHEY, SOY LECITHIN, SALT, MALTODEXTRIN, CHOCOLATE (SUGAR, CHOCOLATE, COCOA BUTTER, MILK FAT, SOY LECITHIN, ARTIFICIAL FLAVOR), NIACINAMIDE, BHT (PRESERVATIVE), PYRIDOXINE HYDROCHLORIDE (VITAMIN B ₆). † LESS THAN 0.5g TRANS FAT PER SERVING.	
CONTAINS WHEAT, MILK AND SOY INGREDIENTS.	



NLI#04481



Kellogg's®
Rice Krispies Treats®
Original

Nutrition Facts	
Serving Size	1 Bar (22g)
Servings Per Container	8
Amount Per Serving	
Calories 90	Calories from Fat 20
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 105mg	4%
Total Carbohydrate 17g	6%
Dietary Fiber 0g	0%
Sugars 7g	
Protein less than 1g	
Vitamin A 4% • Vitamin C 0% • Calcium 0% • Iron 2%	
Vitamin D 2% • Thiamin 10% • Riboflavin 10% • Niacin 10%	
Vitamin B ₆ 10% • Folic Acid 6%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
INGREDIENTS: TOASTED RICE CEREAL (RICE, SUGAR, SALT, HIGH FRUCTOSE CORN SYRUP, MALT FLAVORING, NIACINAMIDE, REDUCED IRON, RIBOFLAVIN [VITAMIN B ₂], FOLIC ACID), MARSHMALLOW (CORN SYRUP, SUGAR, GELATIN, NATURAL AND ARTIFICIAL FLAVOR), FRUCTOSE, MARGARINE (VEGETABLE OIL [SOYBEAN, PALM, AND PALM KERNEL OIL WITH TBHQ FOR FRESHNESS], WATER, NATURAL AND ARTIFICIAL BUTTER FLAVOR [CONTAINS MILK], DATEM, ACETYLATED MONOGLYCERIDES, BHT [PRESERVATIVE], VITAMIN A PALMITATE, VITAMIN D), CORN SYRUP SOLIDS, CONTAINS TWO PERCENT OR LESS OF DEXTROSE, GLYCERIN, SALT, PYRIDOXINE HYDROCHLORIDE (VITAMIN B ₆), THIAMIN HYDROCHLORIDE (VITAMIN B ₁), SOY LECITHIN.	
CONTAINS MILK AND SOY INGREDIENTS.	

NLI#04535

Kellogg's®
Rice Krispies Treats®
Chocolatey Drizzle

Nutrition Facts	
Serving Size	1 Bar (22g)
Servings Per Container	4
Amount Per Serving	
Calories 100	Calories from Fat 30
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 95mg	4%
Total Carbohydrate 17g	6%
Dietary Fiber 0g	0%
Sugars 8g	
Protein less than 1g	
Vitamin A 4% • Vitamin C 0% • Calcium 0% • Iron 2%	
Vitamin D 6% • Thiamin 10% • Riboflavin 15% • Niacin 8%	
Vitamin B ₆ 10% • Folic Acid 4%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
INGREDIENTS: RICE CEREAL (RICE, SUGAR, SALT, HIGH FRUCTOSE CORN SYRUP, MALT FLAVORING, NIACINAMIDE, REDUCED IRON, RIBOFLAVIN [VITAMIN B ₂], FOLIC ACID), MARSHMALLOW (CORN SYRUP, SUGAR, GELATIN, NATURAL AND ARTIFICIAL FLAVOR), FRUCTOSE, MARGARINE (VEGETABLE OIL [SOYBEAN, PALM, AND PALM KERNEL OIL WITH TBHQ FOR FRESHNESS], WATER, NATURAL AND ARTIFICIAL BUTTER FLAVOR, DATEM, ACETYLATED MONOGLYCERIDES, BHT [PRESERVATIVE], VITAMIN A PALMITATE, VITAMIN D), SUGAR, VEGETABLE OIL (PARTIALLY HYDROGENATED PALM KERNEL, PALM AND/OR COCONUT OILS)†, CORN SYRUP SOLIDS, CONTAINS TWO PERCENT OR LESS OF DEXTROSE, GLYCERIN, COCOA PROCESSED WITH ALKALI, WHEY, SALT, SORBITAN MONOSTEARATE, POLYSORBATE 60, SOY LECITHIN, NATURAL AND ARTIFICIAL FLAVOR, NIACINAMIDE, PYRIDOXINE HYDROCHLORIDE (VITAMIN B ₆), THIAMIN HYDROCHLORIDE (VITAMIN B ₁), RIBOFLAVIN (VITAMIN B ₂).	
† LESS THAN 0.5g TRANS FAT PER SERVING.	
CONTAINS MILK AND SOY INGREDIENTS.	

NLI#04544

Kellogg's®
Rice Krispies Treats®
Strawberry

Nutrition Facts	
Serving Size	1 Bar (21g)
Servings Per Container	4
Amount Per Serving	
Calories 90	Calories from Fat 20
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 95mg	4%
Total Carbohydrate 16g	5%
Dietary Fiber 0g	0%
Sugars 8g	
Protein less than 1g	
Vitamin A 4% • Vitamin C 0% • Calcium 0% • Iron 2%	
Vitamin D 2% • Riboflavin 4% • Niacin 4% • Folic Acid 4%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
INGREDIENTS: RICE CEREAL (RICE, SUGAR, SALT, HIGH FRUCTOSE CORN SYRUP, MALT FLAVORING, NIACINAMIDE, REDUCED IRON, RIBOFLAVIN [VITAMIN B ₂], FOLIC ACID), MARSHMALLOW (CORN SYRUP, SUGAR, GELATIN, NATURAL AND ARTIFICIAL FLAVOR), FRUCTOSE, MARGARINE (VEGETABLE OIL [SOYBEAN, PALM, AND PALM KERNEL OIL WITH TBHQ FOR FRESHNESS], WATER, NATURAL AND ARTIFICIAL BUTTER FLAVOR [CONTAINS MILK], DATEM, ACETYLATED MONOGLYCERIDES, BHT [PRESERVATIVE], VITAMIN A PALMITATE, VITAMIN D), SUGAR, CORN SYRUP SOLIDS, CONTAINS TWO PERCENT OR LESS OF DEXTROSE, GLYCERIN, CORN SYRUP, CORN CEREAL, SALT, MODIFIED CORN STARCH, NATURAL AND ARTIFICIAL STRAWBERRY FLAVOR, DRIED STRAWBERRIES, CITRIC ACID, RED #40, BLUE #2, SOY LECITHIN.	
CONTAINS MILK AND SOY INGREDIENTS.	

NLI#04830

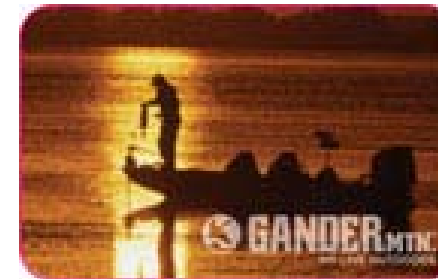
Gift and Prepaid Credit Cards

Travis would like to purchase a gift card for his Dad for Father's Day. His Dad likes fishing and hunting. His sister suggested a card he can use at several different stores that have fishing and hunting supplies. Which gift card would be best for Travis to purchase?

#1 Bass Pro Shop



- Can be used for online shopping or in the store
- Comes with a free catalog for shopping
- Balance inquiry can be checked online
- Not replaceable if lost or stolen
- Can be reloaded, expires in 1yr



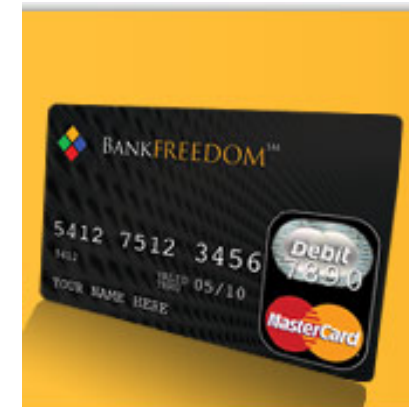
#3 Gander Mountain Gift Card

- Can be used only at Gander Mountain
- Cannot be used online
- Can be reloaded
- 1yr expiration date

#2 Wal-Mart/Sam's Gift Card



- Can also be used at Wal-Mart or Sam's Club if you are a Sam's Club Member
- Has no expiration date and can be replaced if lost or stolen
- No extra fees for balance inquiry
- Can be used online and in the store
- Can be reloaded



#4 Bank FREEDOM MasterCard

- Free balance alerts to your email or sent by text message.
- Can be for online shopping and retail shopping
- Can be replaced for free if lost or stolen
- Has no expiration date and can be reloaded

Junior/Intermediate Gold Jewelry

Sally is wanting to replace the gold chain that her mother lost on her summer cruise. It was a 14 karat gold box chain that was 18 inches long. She does not have a budget, but wants a good deal.



<i>Necklace</i>	1	2	3	4
<i>Gold Karat</i>	14K	14K	14K	14K
<i>Length (inches)</i>	18	20	18	20
<i>Chain Type</i>	Box	Wheat	Box	Box
<i>Clasp Type</i>	Spring Ring	Spring Ring	Spring Ring	Spring Ring
<i>Metal Color</i>	Yellow	Yellow	Yellow	Yellow
<i>Metal Type</i>	Gold	Gold	Gold	Gold
<i>Price</i>	\$159.00	\$179.00	\$179.00	\$169.00

Junior/ Intermediate Emergency Radios

Jason is preparing for his summer camping trip and wants to make sure that he packs lightly for the hike. He is looking for an emergency radio, with special features, in case of disaster. Which option is best for Jason based upon weight, and features?

1. Dynamo /Solar Powered Radio with Features



Features: Cranking Power, Solar Panel Power, 3 AA Batteries, Rechargeable Battery pack (over 12 hours when fully charged), and Charge from a computer via USB port

Special Features: 6 Cell phone adapter, Earphone, 3 USB Cord, and AM and FM

Weight: 2 lbs

Size: 8" x 5" x 2½"

Cost: \$39.95

3. Digital Display Dynamo and Solar Power Radio



Features: Solar Panel Power, 3 AA Batteries, and AC Adapter

Special Features: AC/DC adapter, Earphone and Soft Antenna, Digital Display, and AM/FM

Weight: 4 lbs

Size: 8" X 5 1/2" X2 1/2"

Cost: \$39.99

2. Dynamo Solar Powered AM/FM /NOAA Weather Radio with Features



Features: Cranking Power, Solar Power, 3 AA batteries

Special Features: AM/FM, NOAA weather band all 7 channels compass, thermometer, siren, clock and alarm, dial needle is built in illumines material, Flash Light and cell phone adapter

Weight: 1 lb 8oz

Size: 8" X 4" X 2.5"

Cost: \$31.95

4. Self-Powered AM/FM/NOAA Weather Radio



Features: Cranking Power, Solar power or dynamo both of which charge internal Ni-MH battery

Special Features: AM & FM, NOAA weather band – all 7 channels, Built-in 3 white LED light source, and USB cell phone charger (USB cable not included)

Weight: 1 lb

Size: 5" X 6" X 3 1/2 "

Cost: \$29.99