



# 4-H Healthy FOODS Challenge 2018



## **Beginner Food Challenge – 8:00 – 9:00 a.m.**

Teams of 3 – 4 4-H members aged 7 – 9 years  
No sharp knives involved!

**Ingredients:** Revealed at the Contest

**Challenge:** You will have 20 minutes to create a healthy recipe using the ingredients provided. Be creative!

**Planning Time:** 15 minutes

**Preparation Time:** 20 minutes

**Kitchen Clean Up:** 15 minutes

**Presentation Planning:** 10 minutes

**Presentation Includes:**

**(Resources provided to help with planning presentation)**

Name of the new recipe you've invented.

Nutrition information for this dish.

Safety information about preparing and serving the dish you created.

**Presentations**

**Prizes Awarded!**

