



4-H Healthy FOODS Challenge 2018



Senior Team Food Challenge – 8 – 9 a.m.

Teams of 3 – 4 4-H members aged 14 and older

Ingredients: Revealed at the Contest

Challenge: Your team will have 20 minutes to create a healthy dish 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!

