



4-H Healthy FOODS Challenge 2019



Beginner Food Challenge – 9:00 – 10:00 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!

