



# 4-H Healthy FOODS Challenge 2019



## Senior Team Food Challenge – 9 – 10 a.m.

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

**Ingredients:** Revealed at the Contest

**Challenge:** Your team will have 30 minutes to create a healthy dish using the ingredients provided. Be creative!

**Planning Time:** 15 minutes

**Preparation Time:** 30 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!**

