

## Gering Public Library – Teen Healthy Cooking Contest

1. Create a healthy snack recipe that includes at least one ingredient that is produced either in Nebraska or nearby state.
2. Prepare your snack using safe and sanitary food preparation practices. (Complete the safety check list and bring to the competition)
3. Write or type your recipe and bring it to the competition
4. Bring the snack or components of the snack to the competition in proper storage (in cooler if ingredients need refrigeration and in covered, sealed containers if they do not.)
5. After washing hands on site, display appropriate sized portions of your snack on four paper plates that will be provided. (You will have up to 10 minutes to plate your snack.
6. Put the recipe for your snack and your safety check list with your snack.
7. Present your snack to the judges. (see presentation suggestions below)

### Possible local ingredients

Dry edible beans – (this is the international year of the pulses - check it out

<https://pulsepledge.com/year-of-pulses/>  
<https://pulsepledge.com/pulse-recipes/>  
<https://www.pinterest.com/jlevinsonrd/the-year-of-pulses/> )

ideas – hummus, smoothies, black bean brownies, garbanzo flour cookies,

Farmers Market products or other locally sourced products (your garden?)

Strawberries, cherries, raspberries, carrots, greens, herbs, potatoes, eggs, honey, cheese, corn, tortillas etc.  
Wheat, corn and beet sugar are also produced locally

Other websites:

<https://kurbo.com/healthy-recipes-teens-kids-jambalicious-making-green-light-smoothies/>

[http://www.eatingwell.com/recipes\\_menus/recipe\\_slideshows/spring\\_farmers\\_market\\_recipes?slide=19#leaderboardad](http://www.eatingwell.com/recipes_menus/recipe_slideshows/spring_farmers_market_recipes?slide=19#leaderboardad)

<http://allrecipes.com/recipes/12155/healthy-recipes/snacks/>

<http://food.unl.edu/recipes-cooking-kids>

17 Superfoods for Teens. [www.bhg.com/recipes/healthy/eating/nutritional-guidelines-for-teens](http://www.bhg.com/recipes/healthy/eating/nutritional-guidelines-for-teens) Includes recipes for snacks and simple suppers that use these 17 superfoods.

Recipe Calculator. <http://recipes.sparkpeople.com/recipe-calculator.asp>

Recipes. <http://kidshealth.org/teen/recipes>. A wide variety of recipes, including some for teens with dietary restrictions.

Safety Checklist: Name \_\_\_\_\_ Recipe \_\_\_\_\_

X or initial	Mark each of the categories as you do them – or have an observer initial
	Clean clothes, apron
	Hair tied back if shoulder length or used clean hat/hair net
	Wash hands for 20 seconds
	Clean and sanitized counter top
	Safe use of knives if applicable
	List other safety and sanitation practices that were done
Signature (yours or the observer's)	

Presentation - Take one to five minutes to discuss your snack with the judges using some or all of these suggestions:

1. Introduce yourself to the judges.
2. Explain to the judge what local ingredient(s) you used and why.
3. Tell the judges why you consider the snack to be healthy. You may calculate the nutrition information using an on-line nutrition calculator
  - a. Nutrients to highlight might be fiber, vitamins, minerals, protein
  - b. Low sugar, low fat, healthy fats could be highlighted
  - c. An appropriate serving size for the snack could be explained to the judges
4. Explain why you think teens would like this product
5. Answer questions the judges might have about your snack.

Rubric for judging:

Contestant: _____		Recipe _____	
	Comments	Score (1-20)	
Local ingredient(s) used in a creative, healthy way.			
Appearance/appeal (Can include flavor but judges may choose not to taste since the product was not prepared on site.)			
Healthy based on ingredients, portion size and justification in presentation			
Safety/sanitation check list complete and signed			
Presentation explains the snack in a well communicated manner.			
Total			