



SEE  AG

CHOPPED  
FOR  
KIDS

## DIRECTIONS:

### 1. HAVE A PARENT PREPARE A “CHOPPED” BASKET.

PARENTS, PICK ONE FOOD ITEM FROM EACH OF THESE CATEGORIES: A GRAIN, A FRUIT OR VEGETABLE, A PROTEIN, AND A HEALTHY FAT

#### BASKET IDEAS:

- COOKED PASTA, FRESH SPINACH, A HARD-BOILED EGG, AND OLIVE OIL
- A RICE CAKE, AN AVOCADO, A PEACH, AND CHICKPEAS
- A SLICE OF BREAD, PEANUT BUTTER, A BANANA, AND SLICED TURKEY

### 2. PREPARE YOUR TOOLS.

ASK A PARENT TO HELP YOU GATHER COOKING SUPPLIES.

THIS MAY INCLUDE CUTTING UTENSILS, MIXING SPOONS, CUTTING BOARDS, AND/OR BOWLS.

### 3. SET A TIMER, AND BEGIN COOKING!

HAVE YOUR PARENT SET A TIMER FOR YOU.

YOU MAY DECIDE WITH YOUR PARENT HOW LONG YOU HAVE TO COOK, BUT WE RECOMMEND 30 MINUTES.



## DIRECTIONS CONTINUED:

### 4. GET CREATIVE!

WITH THE INGREDIENTS FROM YOUR BASKET, CREATE A DISH THAT IS TASTY, CREATIVE, AND BEAUTIFULLY PRESENTED!

FEEL FREE TO USE COOKBOOKS OR LOOK UP RECIPES ONLINE TO HELP YOU FIGURE OUT HOW YOU WANT TO USE THE INGREDIENTS.

### 5. JUDGEMENT TIME

INVITE A PARENT, FRIEND, OR FAMILY MEMBER TO BE THE JUDGE(S) OF YOUR CHOPPED CREATION!

ASK THE JUDGE(S) TO RANK YOUR DISH USING THE SCOREBOARD BELOW. HAVE THEM RATE **TASTE**, **APPEARANCE**, AND **CREATIVITY** ON A SCALE OF 1 TO 10!

### SCORE:

TASTE: /10

APPEARANCE: /10

CREATIVITY: /10