

Junior Chef Snack Competition

Overview

The *Junior Chef Snack Competition* provides teachers with an opportunity to teach healthy eating in a fun and interactive way. Students will learn about healthy snacks and work as a team to apply the information by creating a healthy snack from a limited number of ingredients. Students will market their healthy snack to judges and compete for the title of Top Chefs!

Target Audience

Students grade 4 and older. This activity is best facilitated with a group of no more than 25-30 students at a time.

Time

From start to finish, the whole session can take 30-45 min (includes review of key messages in Healthy Snacks handout, competition and judging). Some food preparation must be done ahead of time. Allow 1-2 hours for food prep and set-up prior to the session.

Outcomes

1. Identify why snacks are important.
2. Identify foods that make healthy snacks (foods found on Canada's Food Guide).
3. Demonstrate creativity in preparing healthy snacks that encourage balanced food choices.

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Curriculum Links

Discussion ideas will be based on which cross curricular learning opportunities you decide to incorporate into your classroom.

Math

- fractions, measurement (food preparation)
- addition (from judging rubric)
- percentages
- budgeting skills

Health

- healthy growth and development
- healthy food choices

Language studies

- public speaking
- write out your own recipe
- create an adventure story around the snack you made

Science

- chemical combinations

Social studies

- world regions (cultural foods)
- favourite family snacks



Equipment Needed

- Tables for group work stations (about 1 table for every five students).
Each table should have: a chef knife, spoon, butter knife, cutting board, plates and bowls for prepared snacks (can use disposable).
- Tables, desk or counter space for ingredients.
- Bowls, plates, serving utensils for ingredients (can use disposable).
- 1-2 cheese graters for students to share.
- Cover to keep ingredients hidden until competition time (example: clean sheet or table cloth).
- Timer or a YouTube link to a 12 minute timer video:
<https://www.youtube.com/watch?v=Vj0i4ThBSZA>
If showing the YouTube video you will need a computer and SMART Board or projector.
- Judging sheets (pages 5-9 of this guide).
- Pens or pencils.
- Sink with soap or hand sanitizer.
- [Healthy Snacking handout](#) – can view online as class or print and distribute.

Cost

A budget to purchase food is needed, or you may wish to seek out food donations or gift cards for the food ingredients. The cost will vary.

Estimated cost: about \$50-\$60 for supplies and ingredients for a group of 25-30 students.

Ingredients Needed

Estimated amounts for 25-30 students:

1 small bag carrots	1 cup (250 mL) raisins	small block (200-300 g) of cheese
5 bananas	1 package of whole grain tortillas	500 g container “No nut” butter
small container of cherry tomatoes	1 box (265 g) of cereal-o’s	3 hardboiled eggs
small bunch of grapes	1 package of whole grain mini pitas	200 g container of hummus
4 stalks of celery	1 popped bag of plain microwave popcorn	1 cup (250 mL) pumpkin seeds
small package of fresh berries	750 g tub of yogurt	cinnamon (small container)
2 apples	500 g tub of cottage cheese	

Ingredient Preparation

Prepare all ingredients prior to the presentation:

- Wash all produce in cool water.
- Hard boil eggs.
- Pop the popcorn.
- Place ingredients in serving bowls or on platters.
- Ensure all ingredients have the necessary utensils for serving.
- Based on students' age and skill level, you may need to cut vegetables, fruit, cheese and peel eggs prior to competition.
- Single-serving packages of cheese, cottage cheese, and yogurt may be easier to work with for younger students.

Facilitation Instructions

At least 2 adults are required to supervise and facilitate the session. This could be 1 teacher and 1 other school staff, volunteer or senior student.

- *Optional: Recruit 2-4 judges to participate in the session for judging the student's creations. Judges could be other teachers, senior students or other volunteers. Judging criteria is presented further in this document.*

1. Set up ingredient station and team work stations safely to avoid collision and to ensure fair access to ingredients by all teams (refer to the required equipment, ingredients and preparation instructions).
2. Divide participants into groups of about 5 students.
3. Review key messages on healthy snacks by using this [Healthy Snacking handout](#). Review game instructions and rules (*time = 10 minutes*).
4. Have students wash or sanitize their hands.
5. Competition: Ready, Set, Create! (*time = 12 minutes*).
6. Each team presents their snack(s) to the class/judges.
7. Judging: includes team marketing presentations and judging (*time = 10 minutes*).
8. Discussion and Summary (*time = 10 minutes*).

Discussion Questions and Summary

Discussion questions:

- Which snack was your favourite?
- Would you be able to make these snacks at home?
- Are there any healthy foods that you like for snacks that we didn't use in the competition?

Summary:

Balanced snacks are important for meeting daily nutrition needs, providing energy and satisfying hunger. Choose snacks containing foods from the Eat Well Plate (Canada's Food Guide) including vegetables and fruit, whole grain foods and protein foods. More Food Guide messages and videos on snacking can be found at <https://food-guide.canada.ca/en/tips-for-healthy-eating/healthy-snacks/>.

Competition Rules

Rules are adaptable for various classroom sizes, grades, and skill levels.

- Only take the ingredients you need and return unused items immediately.
- No running.
- You must wash your hands prior to putting on gloves. Hand sanitizer could be used if a sink is not available.
- When the 12 minutes is up, everyone must freeze.
- There is no limit on the number of snacks your group can create.
- Only 1 snack will be judged (choose your best to market and be judged).
- Each group will present their snack (1 minute per group).
- Snacks will be judged on presentation. See Judging and Criteria.
- Have fun and be creative.

Optional Rules

- Each team is only allowed to visit the ingredient table once to gather the necessary ingredients.
- Each group must name their snack(s).
- Separate 12 minutes into time for planning, gathering, and creating, instead of 12 minutes total for entire process. For example, 3 minutes for planning, 2 minutes for gathering, and 7 minutes for creating.

Judging and Criteria

There are a few options that the facilitator can choose from to handle judging:

- Option 1: The facilitator(s) can judge the snacks.
- Option 2: The participants can judge the snacks.
- Option 3: If available, the facilitator can arrange for guests separate from session participants to attend and judge the snacks.

There are 3 judging sheets to choose from for judging. Pick the one that works for your class:

- Junior Chef Healthy Snack Judging Sheet – 10 point scale (page 7). Basic judging criteria, numeracy required.
- Junior Chef Healthy Snack Judging Sheet – Smiley face scale (page 8). Best for younger judges, no numeracy required.
- Junior Chef Healthy Snack Judging Rubric – 4 point rubric (page 9). Best for older students, more advanced outcome criteria.

Suggested judging rules:

- Snacks will receive 1 point for each food item that is a vegetable or fruit, whole grain food, or protein food from Canada's Food Guide, a bonus point is awarded if the snack contains both a vegetable and fruit for a maximum of 4 points.
- Judges can choose to sample the snack or judge based on ingredients/ appearance if the snack is not sampled.
- Creativity points are based on judges' opinion.
- Students should "sell" their snack by explaining why they made the snack and any special features.
- Judges can add additional judging criteria if they choose (e.g. if students can identify which sections of the Eat Well Plate from Canada's Food Guide are included in the snack or if they used a plant-based protein food).

Junior Chef for Class Celebrations

The Junior Chef activity could be adapted for class celebrations:

- Use a variety of green, red, and white foods for Christmas.
- Create a healthy snack in the shape of a pumpkin face for Halloween.
- Create a heart shaped healthy snack for Valentine's Day.
- Teacher may have students bring in a food on Canada's Food Guide from home and do the Junior Chef competition with the foods brought in or teacher could also assign ingredients to parents for the Junior Chef competition.

Junior Chef Competition Judging

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Junior Chef Healthy Snack Judging Sheet

Group:

Criteria	Points
Does your snack include foods from Canada's Food Guide ? (one point per Vegetable or Fruit, Whole Grain, Protein food, bonus point if both a vegetable and fruit are included)	/4
Would you eat it?	/2
Creative?	/2
Why did the team make it?	/2
Total Points	/10

Group:

Criteria	Points
Does your snack include foods from Canada's Food Guide ? (one point per Vegetable or Fruit, Whole Grain, Protein food, bonus point if both a vegetable and fruit are included)	/4
Would you eat it?	/2
Creative?	/2
Why did the team make it?	/2
Total Points	/10

Group:

Criteria	Points
Does your snack include foods from Canada's Food Guide ? (one point per Vegetable or Fruit, Whole Grain, Protein food, bonus point if both a vegetable and fruit are included)	/4
Would you eat it?	/2
Creative?	/2
Why did the team make it?	/2
Total Points	/10

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Junior Chef Healthy Snack Judging Sheet

Group:

Criteria				
Does your snack include foods from Canada's Food Guide ? (one point per Vegetable or Fruit, Whole Grain, Protein food, bonus point if both a vegetable and fruit are included)	😊	😊	😊	😊
Would you eat it?	😊	😐	😞	
Creative?	😊	😐	😞	
Why did the team make it?	😊	😐	😞	
Total smiley faces				

Group:

Criteria				
Does your snack include foods from Canada's Food Guide ? (one point per Vegetable or Fruit, Whole Grain, Protein food, bonus point if both a vegetable and fruit are included)	😊	😊	😊	😊
Would you eat it?	😊	😐	😞	
Creative?	😊	😐	😞	
Why did the team make it?	😊	😐	😞	
Total smiley faces				

Group:

Criteria				
Does your snack include foods from Canada's Food Guide ? (one point per Vegetable or Fruit, Whole Grain, Protein food, bonus point if both a vegetable and fruit are included)	😊	😊	😊	😊
Would you eat it?	😊	😐	😞	
Creative?	😊	😐	😞	
Why did the team make it?	😊	😐	😞	
Total smiley faces				

Junior Chef Healthy Snack Judging Rubric

Outcome	1 point	2 points	3 points	4 points
Number of food groups	Snack contains food from 1 section of Eat Well Plate	Snack contains foods from 2 sections of Eat Well Plate	Snack contains foods from 3 sections of Eat Well Plate	Snack contains foods from three sections of the Eat Well Plate and includes both a fruit and vegetable
Edible	Snack looks and/or tastes inedible	Snack looks and/or tastes okay to eat	Snack looks and/or tastes good	Snack looks fantastic, and/or is tasty and appealing
Creative	Snack is ordinary and boring	Snack has a small spark of creativity	Snack is different and unusual	Amazing! Snack sparkles with creativity
Plate Presentation	Snack is presented in a way that is unappealing or unappetizing	Snack is presented in an ordinary way	Snack is presented in an appetizing way	Snack is presented in an appealing and enticing way
Marketing speech	Speech was missing many of the required parts and wasn't very interesting or engaging	Speech had some of the required parts, but there wasn't much spark	Speech had most of the required parts and was interesting	Speech had all the required parts and was convincing and creative