



## Culinary INSTRUCTOR Guidelines

### Background

The *kids teaching kids*® Healthy Lifestyles program was created to help children and their parents build a lifetime of healthy habits through nutrition education and wellness activities. Each school year the program hosts the *21-Day Snacking Challenge*. It engages high school Career and Technical Education (CTE) students to teach elementary school students healthier snacking habits while providing other wellness and activity education.

Participating high school students work with a registered dietitian to create a fun snack that meets nutrition guidelines set by the KTK program. At the instructor's discretion, they have the option to have an internal competition with other students in their school or district to decide the winning snack recipe that will represent their district. This is a great opportunity for high school students to learn new skills and have the possibility of having their recipe published in an annual digital recipe book.

### Objective

Culinary students develop a creative and healthy snack for elementary students based on the yearly theme, as well as create a video demonstration of how to prepare the snack.

### Registration/Assessment

- The district lead will choose the fruit or vegetable for the district and notify the instructor about the required produce for the recipe. \*\*\*Instructors are not responsible for selecting the fruit or vegetable unless they are the district lead.
- Decide if the entire class will participate or may select only students who are interested.
- [Register](#) your campus and select your campus presentation date.
- Show this virtual [KTK Nutrition Education Video](#) and distribute this [KTK Worksheet](#) on your presentation day.
- Email the KTK RD at [KTKRecipe.RD@gmail.com](mailto:KTKRecipe.RD@gmail.com) how many students watched the video and will be participating in your district (there is a pre-assessment, shown at the beginning of the nutrition video, that *may be taken as a post-assessment* to evaluate the student's understanding of the video – this is recommended, but optional.)
- Distribute the **KTK Culinary Student Checklist** (last page) to any student who is participating
- Download and save the [KTK Nutrition & Recipe Submission Form](#) as **Snack Name\_District Name\_Instructor Name**. If you plan to hold an internal competition with your class, you may need to make and save multiple copies of the documents with each student's name.
- Participating instructors will receive a \$50 gift card to reimburse for groceries. If your district has two or more instructors/schools and is having an internal competition, please contact your district lead.

### Helpful videos/links

[Program Overview](#)

[FAQ's](#)

[www.kids-teaching-kids.com](http://www.kids-teaching-kids.com)

## Recipe Development

- Students develop snack recipes based on this year's theme - **SUPER HERO SNACKERS**
  - *They must create their own recipe - NOT use recipe that already exists*
  - *If they are planning to submit a smoothie recipe, please let the RD know as a maximum of 5 smoothie recipes will be accepted for consideration on a first come first serve basis.*
- One recipe PER DISTRICT can be submitted (internal competitions may be needed to submit ONE recipe for RD review & approval).
- All nutrition and equipment criteria must be met:
  - **Equipment Criteria:**
    - MAY USE - a microwave, toaster, blender, can opener, plastic or nylon utensils, mixing bowls, colander/strainer, butter knife, measuring cups/spoons, serving dishes/cups - items that are safe for kids' use. Note: some items may still require Adult Supervision
    - MAY NOT USE - an oven, stove, sharp knives, vegetable peeler, box grater, or kitchen shears - Items that may burn or cut
  - **Nutrition Criteria (per serving):**
    - 1/2 cup fruit and/or vegetable PER SERVING - at least 1/4 cup per serving MUST be the **assigned** fruit or vegetable
    - 200 Calories or less
    - 7 grams of Fat or less (*and <=35% of calories from fat*)
    - 2 grams of Saturated Fat or less (*and <=10% of calories from saturated fat*)
    - 2 grams of Fiber or more
    - 15 grams of total Sugar
      - *None to minimal amount of Added Sugar (less than 10% of calories from added sugar - refer to the video for examples of what an added sugar is)*
  - **OTHER TIPS:**
    - \*Be creative! Utilize ingredients to highlight the theme
    - \*Use 7 or less ingredients when possible
    - \*Reflect kid-friendly language in the instructions (e.g., "use 1/2 a banana" vs. "use 2 oz. banana")
    - \*Consider the cost and feasibility before using a unique ingredient

## Recipe Submission

- **Deadline: January 31, 2025**
- **Recipe and Nutrition Information:**
  - If your student's recipe is selected to represent your district, the district lead will submit for final approval. The KTK RD will work with you to ensure all the criteria have been met.
- **Photo and Video:**
  - If your student's recipe is selected to represent your district, the winning instructor will need to submit a photo of the snack *AND* video of the snack recipe being prepared.
    - If your district does not have an A/V student program, use the '*photo/video guidelines and submission specifications*' on the **A/V Guidelines Form** for guidance and submission links. [HERE](#)
- **Contest Criteria:**
  - Judging criteria is based on: *creativity, taste, appearance, ease of preparation, and feasibility of ingredients*
  - The top 10 recipes will be selected across all districts to be published in the 2025-2026 KTK Texas Recipe Book
  - All other approved recipes will be added to the [Healthy Snack Finder](#) recipe database on [kids-teaching-kids.com](#)

## Culinary STUDENT Checklist

Assigned Fruit/Veggie: \_\_\_\_\_

Theme: Super Hero Snackers

### Recipe Development

- *Prepare and develop your recipe* - watch the nutrition education video provided by the instructor and review the required equipment, nutrition, and submission criteria.
  - *Your recipe is your creation - NOT a recipe that already exists*
  - *Be creative - If you are planning to submit a smoothie recipe, please check with your instructor as a maximum of 5 smoothie recipes will be accepted for consideration on a first come first serve basis.*
- *Write your recipe* - use the **Nutrition & Recipe Submission Form** provided by your instructor for guidance. Include ingredients, nutrition information for each ingredient, equipment list, and directions.
- *Name your recipe* - it should be original and creative and aimed at elementary-aged students. Do not use any names or brands that might be copyrighted.
- *Calculate the nutrition facts* - refer to the actual package or to [www.Calorieking.com](http://www.Calorieking.com) to obtain nutrition information for your ingredients (see examples from Calorieking.com on Tab 2 of the worksheet).
- **Equipment Criteria:**
  - MAY USE - microwave, toaster, blender, can opener, plastic or nylon utensils, mixing bowls, colander/strainer, butter knife, measuring cups/spoons, serving dishes/cups - items that are safe for kids' use. Note: some items may still require Adult Supervision
  - MAY NOT USE - oven, stove, sharp knives, vegetable peeler, box grater, or kitchen shears - Items that may burn or cut
- **Nutrition Criteria (per serving):**
  - 1/2 cup fruit and/or vegetable PER SERVING - at least 1/4 cup per serving MUST be the assigned fruit or vegetable
  - 200 Calories or less
  - 7 grams of Fat or less (*and <=35% of calories from fat*)
  - 2 grams of Saturated Fat or less (*and <=10% of calories from saturated fat*)
  - 2 grams of Fiber or more
  - 15 grams of total Sugar
    - *None to minimal amount of Added Sugar (less than 10% of calories from added sugar - refer to the video for examples of what an added sugar is)*

### Recipe Submission

- **Recipe and Nutrition Information**
  - Deadline: **January 31, 2025** - check with your instructor for the specific date for your district
  - If your recipe is approved and selected to represent your district, your instructor will submit your recipe and nutrition information to the KTK RD for final approval.
- **Photo and Video**
  - A photo of the snack and video of the recipe being prepared is required for submission - Ask your instructor how you can display to get the best photo and what you need to make the best video.
- **Contest Criteria:**
  - Judging criteria is based one: *creativity, taste, appearance, ease of preparation, and feasibility of ingredients*
  - The top 10 recipes will be selected across all districts to be published in the 2025-2026 KTK Texas Recipe Book
  - All other approved recipes will be added to the [Healthy Snack Finder](#) recipe database on [kids-teaching-kids.com](http://kids-teaching-kids.com)