



## Culinary 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

- Instructors can decide if they want their entire class to participate or may select students who are interested.
- Register your campus and select your assigned fruit/vegetable [HERE](#).
- When ready to introduce the project to students, show this virtual [KTK Nutrition Education Video](#) and distribute this [KTK Worksheet](#).
- 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.)
- Download and save the [KTK Nutrition & Recipe Submission Form](#).
- Distribute the **KTK Culinary Student Checklist** (last page) to any student who is participating.

### Helpful videos/links

[Program Overview](#)

[Role of the PE teacher](#)

[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 INSTRUCTOR can be submitted (an instructor may have their own internal competition to help select the top ONE recipe to be submitted 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:**
  - Save the Recipe & Nutrition Information file as: **Snack Name\_District Name\_Instructor Name**
  - Submit [HERE](#)
- **Photo and Video:**
  - A photo of the snack and video of the recipe being prepared will also need to be submitted. 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.
- **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 will also need to be submitted. If your district does not have an A/V student program, your instructor will use the 'photo/video guidelines and submission specifications' on the A/V Guidelines Form for guidance and submission links.
- **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
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