



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

- LEARN YOUR DISTRICT ASSIGNED FRUIT OR VEGETABLE
 - 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 HOW YOUR STUDENTS WILL PARTICIPATE - whole class or individual teams
 - *New this year* - student rewards - students who create a winning recipe that makes the book will earn funding.
 - ◆ Student team submission - max of three students per recipe win \$50 each
 - ◆ Entire class submission - max of \$150 that can go towards a class celebration
 - 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 for guidance. But ALL participating instructors will receive reimbursement whether the recipe makes the book or not.
- REGISTER YOUR CAMPUS
 - Complete the [Instructor Presentation Form](#).
 - It is recommended to show the nutrition education presentation before October 15.
- PRESENT KTK TO YOUR STUDENTS
 - Show the virtual [KTK Nutrition Education Presentation](#) in its entirety. Please allow 45-60 minutes to show the video and answer any questions they may have.
 - Distribute the **KTK Culinary Student Checklist** (see below/last page) and the [Calculating Nutrition Facts Worksheet](#) on your presentation day to any student who is participating.
- PREPARE YOUR STUDENTS
 - Download [KTK Nutrition & Recipe Form](#) and save as a NEW file.
 - Save it 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.

Recipe Development

- Students develop snack recipes based on this year's theme - **Fill Your Cart With Color**
 - *This theme is intended to encourage kids to add colorful fruits and vegetables to their shopping carts.*
 - *They must create their own recipe - NEVER use a 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.*
- Only one recipe PER DISTRICT can be submitted (internal competitions may be needed to submit ONE recipe for RD review & approval - check with your district coordinator if more than one high school is participating in your district).
- 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
 - *At least 1/4 cup per serving MUST be the assigned fruit or vegetable from the district*
 - 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 or less
 - *Less than 10% of calories can come from added sugar (e.g., honey, flavored yogurt, etc.) - refer to the video for examples of what an added sugar is.*
 - *Only natural sugar substitutes (e.g., stevia, monk fruit, etc.) can be used - no artificial sugar substitutes (e.g., sucralose or aspartame).*
 - **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
 - *See sample recipe book from last year [HERE](#)

Recipe Submission

- **Deadline:**
 - **Rough Draft - November 15, 2025**
 - ◆ The purpose of the rough draft is to have time to edit if needed and time to develop the supporting video.
 - ◆ If your district is having an internal competition, they will need to arrange that before the rough draft deadline. The winning recipe for the district will be submitted as a rough draft.
 - **Final Version - January 31, 2026**

- **Recipe and Nutrition Information:**

- The district lead will submit the rough draft and final version for approval. The KTK RD will work with the instructor to ensure all the criteria have been met.

- **Photo and Video:**

- If your student's recipe is selected, the 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](#)**
 - Consent forms will need to be signed for each student in the video. Access [HERE](#)

- **Contest Criteria:**

- Judging criteria is based on: *creativity, taste, appearance, ease of preparation, and feasibility of ingredients*. Elementary aged students will be preparing and tasting the recipe. So it is important to write it as accurately and as easy to follow as possible.
- The top 10 recipes will be selected across all districts to be published in the 2026-2027 KTK Recipe Book
- All other approved recipes will be added to the [Healthy Snack Finder](#) recipe database on www.kids-teaching-kids.com

Helpful videos/links

[Program Overview](#)

[FAQ's](#)

www.kids-teaching-kids.com



Culinary STUDENT Checklist

Assigned Fruit/Veggie: _____

Theme: Fill Your Cart With Color

RECIPE DEVELOPMENT

- *Prepare and develop your recipe* - watch the KTK Nutrition Education Presentation 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 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):

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→ 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
- *See sample recipe book from last year [HERE](#)

RECIPE SUBMISSION

- **Recipe and Nutrition Information**

- **Rough Draft - November 15, 2025**

- The purpose of the rough draft is to have time to edit if needed and time to develop the supporting video.
 - If your district is having an internal competition, they will need to arrange that before the rough draft deadline. The winning recipe for the district will be submitted as a rough draft.

- **Final Version - January 31, 2026**

- **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 or if A/V students will be assisting you.

- **Contest Criteria:**

- Judging criteria is based on: *creativity, taste, appearance, ease of preparation, and feasibility of ingredients.*
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