



**Future Chef Competition**  
**Breakfast Edition**



**Who:** Shelby City Schools' 5 - 8 graders

**What:** Enter the Future Chef - Breakfast Edition Competition

**How:** Come up with a healthy breakfast recipe that fits that following criteria:

1. Originality
2. Simple to prepare
3. Healthy
4. kid-friendly
5. Will look appealing
6. Use at least one of the following: whole grain, fruit, low fat dairy or turkey

**What:** Complete Recipe entry form and return to your teacher by Jan. 31, 2011  
The recipe entry forms will be judged by a panel of professionals. The top six entries will be invited to prepare their recipes at the Future Chef - Breakfast Edition Cook-off at Shelby High School on February 23, 2012, a panel of judges will taste test the food.

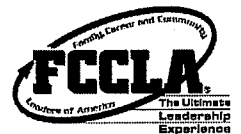
**When:** Recipes due to your teacher by January 31, 2012  
Finalists will prepare recipe on February 23, 2012

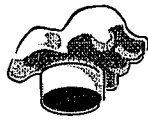
**Why:** The Shelby High School FCCLA want 5 - 8 graders to learn the importance of eating a healthy breakfast. The FCCLA want the youth to be able to prepare a healthy breakfast that is easy and fun.

**Prizes:** Each of the six finalists will receive an apron and chef's hat. The top three winners will receive a plaque for their accomplishment.

*Any questions can be directed to Mrs. Baumberger at Shelby High School*

This event is sponsored by the Shelby High School FCCLA chapter





## Future Chef Competition Breakfast Edition



### Tips to be a Finalist for the Culinary Competition

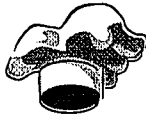
Do you want to win an award in the Future Chef Competition?

Here are some tips that may help!

1. **Be original.** You don't have to be like everyone else. We can only have so many smoothie recipes. The same goes for pizza-bagel recipes. Don't misunderstand, they are great recipes, it's just that they are done frequently!
2. **Be creative.** A student once submitted a recipe for "dill cookies!" Sounds terrible, but they were actually great! Don't TRY to be too weird, but we love to see recipes that are different!
3. **Don't do recipes that are too easy.** "Ants on a log" are great, and "cheese and crackers" are nice, but they only take about 2 minutes to make.
4. This **doesn't** have to be your own, original recipe. You can get them off the internet or anywhere!
5. SORRY, but only **ONE** person can make the recipe.
6. We are looking for **Healthy** breakfast recipes! So, try to have recipes that don't have a lot of sugar or fat in them.
7. At the main competition, the judges will consider 6 criteria:
  - Originality
  - Simple Preparation
  - Healthy Attributes
  - Kid-Friendly
  - Plate Presentation
  - Best use of one or more of the following ingredients: whole grains , fruit, low-fat yogurt or other dairy product or a turkey product.

GOOD LUCK & HAVE SOME FUN!!!!





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**~Healthy Breakfast Recipe Form~**  
**Open to all 5 – 8 grade Students!**

My Name	
My School	
My Grade	
My Teacher's Name	

Return to your Teacher by Friday, Tues. January 31, 2012. Teachers:  
please send to Mrs. Baumberger at SHS when received.

My recipe is called: \_\_\_\_\_

List all ingredients and exact amounts of the ingredients here:

List the "Method", or exactly how to make this dish. Use and attach (staple) another piece of paper if you need more room.