



Cooking Show Challenge: November 14 – January 2

Do you want to be the host of your own cooking show? With the Fuel Up to Play 60 Cooking Show Challenge, you can show us how you are eating healthy by creating your own recipe. We want to see how you and your school are getting healthy with Fuel Up to Play 60!

In order to submit the best possible entry to the Cooking Show Challenge:

- Create a recipe for an entrée (main dish for breakfast or lunch), side dish or a snack.
- This Challenge entry should include a nutritious recipe presented through a video cooking demonstration like those you see on television, or a written recipe with photos of the final product.
- Use at least two nutritious ingredients in your recipe like low-fat or fat-free dairy foods, whole grains, lean proteins, fruits and vegetables! You can learn more about eating healthfully by visiting www.choosemyplate.gov.
- If you want your recipe to potentially appear on the [menu](#) in your school cafeteria, talk to your school nutrition director about guidelines for school meals.

Following these guidelines when submitting your Challenge improves your chance of winning a prize or being featured in the Fuel Up to Play 60 Challenge Showcase:

1. **Keep it clean.** Make sure there is no swearing, violence or other inappropriate behavior featured in your submission.
2. **Be original.** Don't use music, videos or pictures that belong to someone else (changing the words to a popular song or making up your own is okay though). Also, try not to mention or capture on film recognizable brand names. (For example, say you had low-fat yogurt available at lunch, but don't tell us which kind!)
3. **Watch the clock.** For video submissions, keep your entry under two minutes. Additionally, files larger than 2GB may not be uploaded to SchoolTube.
4. **Use the Playbook.** The Fuel Up to Play 60 Playbook has Healthy Plays full of great ideas and recipes to help you complete the Cooking Show Challenge. Check it out at <http://students.fueluptoplay60.com/playbook/>. Once you create your recipe, host a taste test and tell us about it!
5. **Promote the program.** Wear Fuel Up to Play 60 gear, show us your posters and use the slogan: "Eat healthy. Get active. Make a difference."
6. **Be descriptive.** Include a description with your entry, letting us know why you think it completes the Challenge.
7. **Be on time.** Submit your Challenge entry to FuelUpToPlay60.com by January 2, 2012 to be eligible for prizes and rewards.
8. **Make healthy choices.** Show us how much you have learned through Fuel Up to Play 60 by making your recipe healthy and nutritious. Look to recommendations from the 2010 Dietary Guidelines for Americans and MyPlate to help you keep your recipe healthful.



Cooking Show Challenge: Healthy, Nutritious Tips

When creating a recipe for your Cooking Show Challenge submission, keep in mind:

To help keep your recipe nutritious, the [2010 Dietary Guidelines for Americans](#) recommend:

- Choose foods that are nutrient-rich, meaning they provide vitamins, minerals and other substances that may have health benefits with relatively few calories. All vegetables, fruits, whole grains, seafood, eggs, beans and peas, unsalted nuts and seeds, fat-free and low-fat milk and milk products and lean meats and poultry – when prepared without added fats and sugars – are nutrient-rich.
- Try to limit the amount of solid fat, added sugars and refined grains in your recipes.
- Choose ingredients that are lower in sodium. Instead of salt, try using spices and herbs to enhance the flavor of your recipe.

Check out these tips for choosing healthy meal options from USDA [MyPlate](#). Key tips include:

- Make half your plate [fruits and vegetables](#)
 - Vegetables and fruits are great nutrient-rich ingredients to include in your recipe and are important for good health. Try to choose red, orange and dark-green vegetables.
- Make at least half your grains [whole grains](#)
 - Look for “100% whole grain” or “100% whole wheat” on the food label. Whole grains are important sources of many nutrients
- Include [dairy foods](#) – milk, cheese and yogurt – because they provide important nutrients and provide important nutrients needed for good health during the lifecycle.
 - Low-fat and fat-free milk, cheese and yogurt are nutrient-rich; whether they are in the glass or on the plate, the dairy group contributes essential nutrition to every meal.
 - Low-fat and fat-free milk have the same amount of calcium and other essential nutrients as whole milk, with less fat and calories.
- Choose foods with [lower amounts](#) of sodium
 - The 2010 Dietary Guidelines recommends everyone, including kids, reduce their sodium intake to less than 2,300 milligrams of sodium (about 1 teaspoon of salt) or 1500 milligrams of sodium per day depending on age and other individual characteristics..
 - If canned items are included in your recipe, look for those with “low sodium” or “no salt added” on the label.
- Add lean [protein](#)
 - Looking to add protein to your recipe? Choose lean beef and pork, chicken, turkey, beans or tofu. Seafood is an option too!
- Avoid extra fat
 - Using heavy gravies or sauces adds fat and calories to otherwise healthy choices.
 - Try other options, like a sprinkling of low-fat Parmesan cheese, instead.

