



## Culinary Arts Competition Instructions

**Objective:** Aims to inspire culinary creativity within a budget constraint, challenging participants to craft a nutritious recipe incorporating a protein, vegetable, grain, dairy, and fruit, aligning with MyPlate.gov guidelines. Competitors are tasked with presenting their creations through an original demonstration video, fostering a connection between agriculture and healthy meal choices. The objective is to promote innovation, culinary skills, and an appreciation for the diverse bounty of agriculture, while contestants vie for top honors and prizes. This competition serves as a platform to showcase the intersection of culinary arts and sustainable, health-conscious agriculture.

**Team Formation:** Form teams of 2-4 participants, with a shared passion for culinary arts and agriculture.

**Budget Limit:** Create a recipe with a budget limit of \$25, incorporating a protein, vegetable, grain, dairy, and fruit. All ingredients must be easily accessible within the budget.

**Healthy Meal Guidelines:** Design your recipe in adherence to the healthy meal guidelines outlined on MyPlate.gov.

### Submission Components:

Submit a written recipe, including ingredient quantities, detailed preparation instructions, and a brief nutritional analysis.

Provide a QR code or link that connects to an original demonstration video showcasing the recipe. The video should be uploaded to YouTube, TikTok, or Instagram.

**Time Limit for Video:** The demonstration video should be between 3 to 5 minutes, effectively illustrating the cooking process and highlighting key steps.

### Content Guidelines for Video:

Clearly demonstrate the preparation of each component.

Share insights on the nutritional value and health benefits of the chosen ingredients.

Showcase creativity, presentation, and the connection to agriculture.

