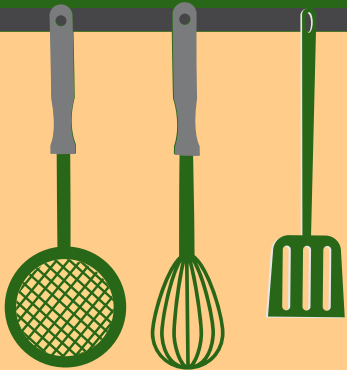




CHOPPED

FOR
KIDS



HOW TO PLAY CHOPPED AT HOME

What is a chopped challenge?

A chopped challenge is based on the Food Network Show, *Chopped*, where chefs go head to head in a cooking competition. Each chef gets a *mystery basket* with surprise ingredients in it. It is up to the chefs to put those ingredients together to make something that is presented nicely, creative and delicious. Are you up for the challenge?

Creating a chopped challenge at home:

Use one of the Basket Ideas from the list on the second page. Ideas are broken into three categories: Appetizers, Main Course, and Dessert. You will need additional ingredients in your kitchen to be able to add to the key ingredients (for example: oil, salt, garlic). You can use any additional ingredients but you must use every ingredient in the basket.

To build the baskets gather all the ingredients on the list from your kitchen, local grocery store, or local farmers market. You can use a basket or box to add an element of surprise to the challenge, or you can set up your "basket" ingredients on the counter.

When you have all the ingredients gathered you can set up chopped at home in two of different ways:

1. **SOLO:** With all the ingredients from the list create something that is A) TASTY, B) CREATIVE, and C) BEAUTIFULLY PRESENTED. Feel free to use cook books or recipes online to help you figure out how you want to use the ingredients. Once you've finished, use one of the judging cards to see how you did. Did you get creative? Did you put your food in a nice design on your plate? Does it taste good? Would you do anything differently if you did it again?
2. **COMPETITION:** Gather friends or family on zoom or in your home. Set up the same basket for each "competitor" or "team". If you want to add an extra challenge to your competition you can put a timer on for the competition (30-90 minutes). Invite someone to judge the final product using the Judging Cards on Page three.

FALL BASKET IDEAS

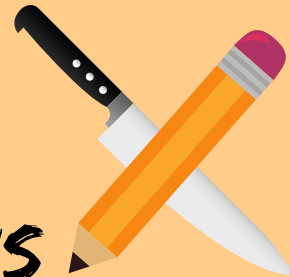
Depending on what you have available, select one of the basket options. If you want the element of surprise or need help putting the baskets together, ask for help from an adult.

Appetizer	Main	Dessert
<p>Easy Salad Mix Saltines Cherry Tomatoes</p>	<p>Easy Noodles Egg Collard Greens Corn</p>	<p>Easy Cake Mix Honey Apple</p>
<p>Medium Kale Parmesan Cheese Apple</p>	<p>Medium Pizza Dough Basil Eggplant</p>	<p>Medium Oats Apple Cinnamon Lemon</p>
<p>Hard Carrot Ginger Honey</p>	<p>Hard Tortillas Black Beans Tomatillos Cilantro</p>	<p>Hard Paw Paw (or Banana/Mango) Heavy Cream Powdered Sugar</p>





JUDGING INSTRUCTIONS



When judging the competitors, it's important that we judge the full picture. Judge each competitor or team on a scale of 1-5. Here are some questions to guide judging:

TASTE: Do you like the taste? Is it too sweet? Too salty? Is the texture nice? Is it a good temperature?

CREATIVITY: Did the competitor/team use all of the ingredients? Did they make something that showed different cooking skills? Did they add interesting ingredients?

PRESENTATION: Did the competitor/team present the food in a nice way? Did all the ingredients make it on the plate? Does the food look yummy, colorful or fresh (vs burnt, undercooked, grey)? Was it put on the plate in an interesting way?

JUDGING CARD

	TASTE	CREATIVITY	PRESENTATION
Competitor 1			
Competitor 2			
Competitor 3			