

Cook's Challenge #1

- 🕒 Breakfast
- 🕒 10 minutes
- 👤 A family of 4



Special Challenge:

Your toaster is not working.

You must include a whole grain. Include foods from at least three (3) food groups.

Cook's Challenge #2

- 🕒 Breakfast
- 🕒 No time limit
- 👤 Company is coming: 6 people



Special Challenge:

One guest is allergic to oranges.

Include at least one (1) vegetable plus foods from at least two (2) other food groups.

Cook's Challenge #3

- 🕒 Breakfast
- 🕒 In a hurry: 3 minutes
- 👤 A family of 4



Special Challenge:

There is no milk in the house.

You must include a food from the milk/dairy group and foods from two (2) other food groups.

Cook's Challenge #4

- 🕒 Breakfast
- 🕒 10 minutes
- 👤 A family of 5



Special Challenge:

Two of the children in your family are under the age of 6 so make the meal "kid friendly". Include a fruit high in Vitamin C and foods from at least two (2) other food groups also.

Cook's Challenge #5

- 🕒 Lunch
- 🕒 10 minutes
- 👤 A family of 4



Special Challenge:

There are taco shells in the cupboard.
Include a fruit or vegetable high in Vitamin A.
Include foods from all five (5) food groups.

Cook's Challenge #6

- 🕒 Lunch at a birthday picnic
- 🕒 No time limit
- 👤 A family of 6



Special Challenge:

You will be taking the lunch in a cooler with ice.
Nothing can be reheated at the picnic. Include a
whole grain and foods from all five (5) food groups.

Cook's Challenge #7

- 🕒 Lunch
- 🕒 15 minutes
- 👤 A family of 6



Special Challenge:

One family member is a vegetarian who does
not eat any meat, fish or chicken. Include
foods from all five (5) food groups.

Cook's Challenge #8

- 🕒 Lunch for a holiday
- 🕒 No time limit
- 👤 Company is coming: 15 people



Special Challenge:

This is a special occasion so you may
include a dessert. However, you must
include fruits and vegetables from at least
three (3) different color groups. Make sure
you include all five (5) food groups.

Cook's Challenge #9

- 🕒 Lunch
- 🕒 10 minutes
- 👤 A family of 3



Special Challenge:

There is leftover cheese pizza in the refrigerator to use. However, you must add some ingredients to it to make it healthier. Include foods from all five (5) food groups.

Cook's Challenge #10

- 🕒 Lunch
- 🕒 In a hurry
- 👤 Family of 2



Special Challenge:

Use a blender in preparing this meal. Include foods from all five (5) food groups.

Cook's Challenge #11

- 🕒 Brunch (late breakfast/early lunch)
- 🕒 No time limit
- 👤 Company is coming: 10 people



Special Challenge:

You must include beans from the meat and beans (protein) group. Include foods from all five (5) food groups.

Cook's Challenge #12




- 🕒 Lunch
- 🕒 15 minutes
- 👤 A family of 5



Special Challenge:

There is fresh spinach in the refrigerator to use. Your oven is not working. Include foods from all five (5) food groups.

Cook's Challenge #13




-  Lunch
-  15 minutes
-  A family of 4



Special Challenge:

There is no bread in the house.
Include a high Vitamin C fruit or vegetable.
Include foods from all five (5) food groups.

Cook's Challenge #14




-  Lunch
-  No time limit
-  A family of 6



Special Challenge:

Your younger siblings want to
help prepare the meal.
Include foods from all five (5) food groups.

Cook's Challenge #15




-  Dinner
-  No time limit
-  Extended family: 8 people



Special Challenge:

Your grandparents are coming and will be making
homemade corn tortillas with you. Your younger
siblings will also want to help. Include foods from
all five (5) food groups including the corn tortillas.

Cook's Challenge #16




-  Dinner
-  30 minutes
-  A family of 4



Special Challenge:

Include a high Vitamin C fruit or
vegetable and a whole grain.
Include foods from all five (5) food groups.

Cook's Challenge #17




-  Dinner
-  45 minutes
-  A family of 6



Special Challenge:

One of your family members is allergic to milk.
There is broccoli in the refrigerator to use.
Include foods from all five (5) food groups.

Cook's Challenge #18




-  Dinner
-  No time limit
-  Company is coming: 10 people



Special Challenge:

One of the guests does not eat meat or chicken.
Include a fruit or vegetable high in Vitamin A.
Include foods from all five (5) food groups.

Cook's Challenge #19




-  Dinner
-  1 hour
-  Family of 5



Special Challenge:

The weather is cold so you will be making
a soup. There are lots of carrots in the
refrigerator to use. Your oven isn't working.
Include foods from all five (5) food groups.

Cook's Challenge #20




-  Dinner
-  No time limit
-  A family of 4



Special Challenge:

Make the meal an Asian theme.
Include a whole grain. Include foods
from all five (5) food groups.

Cook's Challenge #21




-  Dinner
-  In a hurry: 20 minutes
-  A family of 2



Special Challenge:

There are cooked black beans in the refrigerator.
Include foods from all five (5) food groups.

Cook's Challenge #22




-  Picnic Dinner
-  No time limit
-  Family and friends: 10 people



Special Challenge:

You will be taking the dinner in a cooler with ice.
Nothing can be reheated at the picnic. Include fruits and vegetables from at least three (3) different color groups. Include foods from all five (5) food groups.

Cook's Challenge #23




-  Dinner
-  30 minutes
-  Family of 5



Special Challenge:

Include some kind of pasta.
Include foods from all five (5) food groups.

Cook's Challenge #24




-  Dinner
-  45 minutes
-  A family of 8



Special Challenge:

Your younger siblings want to help prepare dinner. Include a vegetable high in Vitamin C.
Include foods from all five (5) food groups.

Cook's Challenge #25




-  Dinner
-  30 minutes
-  A family of 5



Special Challenge:

You are out of milk. You plan to use the BBQ.
Include foods from all five (5) food groups.

Cook's Challenge #26




-  Dinner
-  No time limit
-  A family of 5



Special Challenge:

Include a yellow/orange fruit. Include a whole grain.
Include foods from all five (5) food groups.

Cook's Challenge #27




-  Snack
-  5 minutes
-  Yourself and a younger sibling



Special Challenge:

You are making a healthy snack for the two of you to take with you to the park.
Include foods from three (3) food groups.

Cook's Challenge #28

-  Snack
-  15 minutes
-  A family of 4

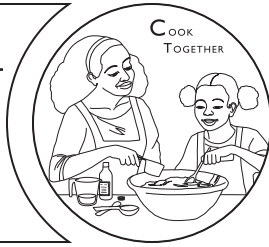


Special Challenge:

You are making a healthy snack for while your family is watching a movie on TV.
Include foods from three (3) food groups.

Cook's Challenge # _____

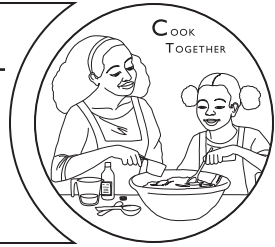




Special Challenge:

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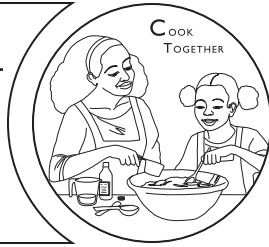




Special Challenge:

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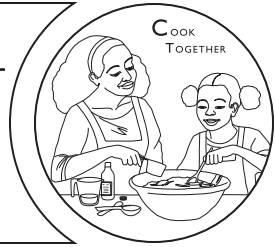




Special Challenge:

Cook's Challenge # _____





Special Challenge: