# Recipe Challenge: Celebration Food Project Description and Specifications
## Nutrition & Wellness

**Description**: Students will develop a food that could be served at a celebration or party that meets the USDA Food and Nutrition Service "All Foods Sold in Schools" standards. These include:

- Be a "whole grain-rich" grain product; **OR**
- Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; **OR**
- Be a combination food that contains at least ¼ cup of fruit and/or vegetable; **OR**
- Contain 10% of the Daily Value (DV) of one of the nutrients of public health concern in the 2010 Dietary Guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber).
- Calorie limit for Snack items: ≤ 200 calories
- Sodium limit for Snack items: ≤ 200 mg
- Fat limits:
    - Total fat: ≤35% of calories
    - Saturated fat: < 10% of calories
    - Trans fat: zero grams
    - Sugar limit: ≤ 35% of weight from total sugars

## Project Specifications

**Visual**: Participant(s) will submit one letter-size file folder with an adequate number of pages, poster, display or electronic presentation that contains the items listed below.

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| Project Identification Page | Use plain paper or slide, with no graphics or decorations; must include participant name(s), Block Number, and name of product. |
| Planning Process Summary Page | Summarize how each step of the Planning Process was used to develop the project. |
| Recipe | Final recipe is typed into standardized recipe format template provided. |
| Product Development Description | Develop a storyboard or timeline of the process used to develop the product. |
| Product Picture and Labeling | Provide a list of all ingredients in descending order by weight, a nutrition facts label for the product (using MyFitnessPal.com or Sparkpeople.com), a picture of one actual serving of the product as made in class, and a printout that shows that the snack meets the nutritional guidelines according to the Snack Calculator. |
| Product Packaging for Transport | A description of the packaging that would be used to transport the product to the party location. |
| Works Cited/ Bibliography | Use MLA or APA citation style to cite all references. Resources should be reliable and current. |

**Oral Presentation** The oral presentation must be no less than 3 and no more than 10 minutes in length and is delivered to evaluators. The presentation should explain the specifics of the project. The presentation may not be prerecorded. If audio or audiovisual equipment is used, it is limited

to 3 minute playing time during the presentation. Presentation equipment, with no audio, may be used throughout the oral presentation. Participants may use any combination of props, materials, supplies, and/or equipment to demonstrate how to carry out the project. The presentation will be evaluated on the criteria below.

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| Organization/Delivery | Deliver oral presentation in an organized, sequential manner; concisely and thoroughly summarize project. |
| Explanation of Product Choice | Explain why the particular food was chosen and its appeal to both the participant and potential consumers. |
| Knowledge of Subject Matter | Demonstrate thorough knowledge of food preparation and/or nutrition. |
| Use of Display and Visuals During Presentation | Use display and visuals to support, illustrate, or complement presentation. |
| Voice | Speak clearly with appropriate pitch, tempo, and volume. |
| Body Language/Clothing Choice | Use appropriate body language including gestures, posture, mannerisms, eye contact, and appropriate handling of notes or notecards if used. Wear appropriate clothing for the nature of the presentation. |
| Grammar/Word Usage/ Pronunciation | Use proper grammar, word usage, and pronunciation. |
| Responses to Evaluators' Questions | Provide clear and concise answers to evaluators' questions regarding project. Questions are asked after the presentation. |