

# Cooking Challenge



**The challengers are required to create their very own appetizer. We provide the ingredients; you provide the creativity! Now get cooking!**

**Registration required for this challenge.  
Registration deadline is January 18th, 2021.  
Maximum 100 participants allowed.**

**Contest starts  
February 15th and  
ends February 21st  
at 12:00 p.m.**

**This Contest is open to Grades 7 - 12.**

**1st, 2nd, and 3rd place winners will receive the following:**

**1st place-\$100, 2nd place-\$75, 3rd place-\$50.**

**All winners will receive Amazon e-gift cards.**

## Challenge Materials

**Cooking Ingredients Kit (beans, chickpeas, oil, dried spices/herbs, oats, sweet potato, garlic) will be provided by Skills Manitoba.**

Home Supplies Needed: Cooking utensils, pots, pans, plates, seasoning (salt/pepper).

## Challenge Rules

1. Using only the ingredients provided in your cooking kit, challengers are required to come up with their own appetizer.
2. Challengers must write/type out a recipe for their creation. Recipe to include cooking instructions, along with ingredients and measurements. Take a photo of recipe or send in document.
3. Now get cooking! Make your appetizer and plate it. Take a photo.
4. Please see judging sections for more details on how you will be graded.
5. Please send your name, grade level all photos and documents to [skillsmb@skillscanada.com](mailto:skillsmb@skillscanada.com) by February 21<sup>st</sup> at 12:00 p.m.



[safeathomemb.ca](https://safeathomemb.ca)

\* The winning photos may be posted to our social media accounts. **Note:** Photos must be appropriate for all audiences. Any offensive photos are automatically disqualified.

# Cooking Challenge



## Judging/Scoring

### Creativity - use of ingredients

Some ingredients were used

5 points

All ingredients were used in an appropriate / unique manner

10 points

### Overall Visual Appeal

Challenger did not provide a photo

0 points

Satisfactory – a photo was submitted

5 points

Good – interesting presentation

10 points

Incredible – very pleasing with colour, texture and plating

15 points

### Recipe

No recipe provided

0 points

Challenger provided recipe with measurements

10 points

Challenger provided recipe with measurements and instruction.

15 points



[safeathomemb.ca](https://safeathomemb.ca)

Challenge  
Total Marks

40