

# **Save the Date: Wasatch Front 4-H Cooking Contest**

WASATCH FRONT

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# 4 - H COOKING CONTEST



LIVE WELL UTAH

*Do you have a kid who loves to cook? Have them compete in our upcoming 4-H cooking contest for a chance to prove their skills.*

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Utah State University Extension 4-H will sponsor cooking contests on Saturday, Jan. 28, for youth from Weber, Davis, Salt Lake and Utah counties. Held at the Legacy Events Center in Davis County, the contests will provide youth the opportunity to showcase cooking, food safety and nutrition knowledge and skills as they represent their counties and cities.

According to Zuri Garcia, USU Extension assistant professor and event chair, the contests will also prepare youth to compete in the 4-H State Contests held at USU each summer.

“It is important for youth to develop and feel confident in their nutrition knowledge and cooking abilities,” she said. “These contests will help youth as young as 8 become assured enough in their skills that they can compete at the state level when they are older. Through this event and others like it, we hope to help youth develop important life skills.”

The contests include two categories: favorite foods and healthy cuisine. The favorite foods category is for third through 12th graders, and contestants will be judged on the selection, knowledge and presentation of their favorite food. Healthy cuisine is for fifth through 12th graders who will use their talents in planning and preparing a quick, nutritious meal in 1 hour, including preparation and cleanup. Contestants can register for this category as an individual or team.

Registration deadline is January 14. Contest registration fee is \$20 for one or both categories. Previous 4-H membership is not required, but participants must register for 4-H at the time of the contests for an additional fee of \$15. This covers a 1-year 4-H membership.

Friends, family and the public are invited to watch the contests and attend a nutrition and health fair that includes workshops and booths. Admission is free. An awards celebration will be held at the end of the day.

To register, contact Susan Adams at [susan.adams@usu.edu](mailto:susan.adams@usu.edu) or 801-451-3423. For further information, visit [extension.usu.edu/wasatchfront](http://extension.usu.edu/wasatchfront).

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