



# Middle School's "Cook It Up Healthy Challenge!"

Theme: *Heart-Healthy Breakfast*

*Selection criteria: Heart Healthy, Easy to follow, Originality, Likely Appeal*

Event  
Date  
FEB. 1st!

**RECIPE NAME:**

**INGREDIENTS:**

**INSTRUCTIONS:**

Finalists chosen will be asked to come prepare their creation on Wed., Feb. 1st at Liberty MS.

Use the back of the paper for extra room. Don't forget to include instructions such as time and temperature to bake, if necessary.

Recipe does not need to be adjusted for serving size. Recipe does not need to be original, as long as the source is cited.

Student Name: \_\_\_\_\_

Student School: \_\_\_\_\_ Grade: \_\_\_\_\_

Prizes will be awarded at the event on February 1st!

QUESTIONS? Contact: [sarah.winans@camas.wednet.edu](mailto:sarah.winans@camas.wednet.edu)

Return to your health/fitness teacher by Friday, January 6th!



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