

Activity Overview

SNAC hosted a mystery basket cooking competition for the CTE activity. Students met in the TSC 335 classroom near the SNAC Food Pantry. Casey gave a 10-minute overview of nutrition, dietetics, and SNAC. They then walked to SNAC (TSC 332B), where we had them participate in the cooking competition.

Competition Outline

- The competition had two to four teams, depending on the number of students in each group, each comprising two to five students.
- All students on the team planned and prepared the dishes.
- One student on each team presented the dish.
 - They presented information about the recipe and nutritional features of the dish.
- Casey Coombs (SNAC Faculty Director), the NDFS CTE group leader, and the high school teacher chaperones judged the dishes and selected a winner
- Winners were given a small prize from the campus store. (approximate value \$8-\$10)

Logistics

- SNAC borrowed equipment from the Family Life Kitchen and Research Kitchen.
 - Equipment was picked up the day before the event.
 - Equipment was returned the same day as the event.
- The competition took place in SNAC (TSC 332B).
- The TSC 335 classroom was reserved from 8 a.m. to 2:30 p.m.
- We purchased \$231.67 in ingredients from Smiths and Sams.
- We also put together 20 prize bags from the campus store for \$197.40.

SNAC Activity Timeline

Introduction to SNAC and Dietetics – 10 Minutes

Planning and preparation – 8 minutes

Food/Presentation Preparation – 30 minutes

Tasting and Presentations – 12 minutes