



# Stirring Up Health™ Middle School Recipe Contest Entry Form

**Complete this entry form and submit by mail. See entry checklist on page 5.**

**THE ENTRY must include:**

- Pages 1-2 Entry and Recipe Form
- Pages 3-4 Essay Form and Questions
- Quality digital photo of the recipe
- Verification of recipe originality or description of where the original recipe was found and how it was changed

Individual Name or Group Entry, Name of Class/Group (i.e., Mrs. Smith's Classroom):

\_\_\_\_\_  
First Middle Initial Last

Street Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

Name of Middle School: \_\_\_\_\_

Grade Level: \_\_\_\_\_  7<sup>th</sup>  8<sup>th</sup>

School Address: \_\_\_\_\_

School Phone: \_\_\_\_\_

**TEACHER INFORMATION IF APPLICABLE:**

Classroom Teacher: \_\_\_\_\_

Teacher E-mail: \_\_\_\_\_

Hometown Newspaper: \_\_\_\_\_

**Check Individual (1 student) or Group (2 or more students) Entry**

- Individual Entry       Group Entry (only submit 1 signed entry form, recipe, photo and essay)

**Check ONE Recipe Category from the MyPlate Food Groups**

- Whole Grains** - (brown rice, barley, hearty pasta, breads and baked goods)  
Examples: Side salads, lasagna, enchiladas, rolls
- Fruits** - Examples: No added sugar fruit cobbler, peach sorbet, salads
- Vegetables** - Examples: Salads, soups, casseroles, raw or cooked dishes
- Protein** - Examples: Grilled meats with fruit sauce topping, egg dishes, chicken vegetable soup, vegetarian casseroles with legumes, beans and nuts
- Dairy** - Examples: Low fat custard, low fat frozen yogurt, low fat cheese dishes

**REMEMBER!**

- **Recipe must include a high percentage of its ingredients from the MyPlate food group category chosen.**
- **Recipe must be considered healthy – Such as lower in fat, sugar, and/or salt compared to a typical recipe.**
- **Recipe may include fruits and veggies as sauces, relishes or toppings.**

**DECLARATION OF ORIGINALITY**

The enclosed recipe is hereby submitted as the original work of the entrant. All winning recipes become the property of Healthy Kids Challenge. The entrant and parent or guardian further agree and authorize Healthy Kids Challenge to publish for public relations purposes photographs and recipes of entrants. **(If submitting online, typed names below will indicate student, parent and teacher approval)**

Entrant's Signature: \_\_\_\_\_ Date \_\_\_\_\_

Parent/Guardian's Signature: \_\_\_\_\_ Date \_\_\_\_\_

Teacher's Signature (if applicable): \_\_\_\_\_ Date \_\_\_\_\_

## Recipe Form

**Use the following information to submit your recipe. Add pages if more space is needed.**

---

**Category:**

**Name of Recipe:**

**Number of Servings:**

**Ingredients in order of use and in exact, standard U. S. measurements:**

**Steps in Preparation:**

---

## Essay Form and Questions

Complete the following and return with your entry on or before March 2, 2012. Pages may be added if needed.

1. Complete Your Name:

2. Enter the Name of Recipe:

3. Choose one Recipe Category:

Grains  Fruits  Vegetables  Protein  Dairy

4. Check one and complete to describe originality:

**Original Recipe** (a recipe idea made up by yourself or with the help of an adult), **if checked specify**

**How you thought of it. Where did you come up with the idea?**

**Revision of an Original Recipe, if checked specify:**

**a. The name of the original recipe, the source** (For example, a cookbook, Web site, or magazine) **and date** (the year a cookbook was published or the month and year of a magazine).

**b. What you did to the original recipe to make it healthier.** For example, did you use less sugar, fat or salt; or change the ingredient list to add more healthy items, such as more fruits and veggies? Tell us about it!

## Essay Form and Questions (cont.)

5. Complete a 3-4 paragraph essay describing:

- a. The food groups and foods that when added with your recipe, will make a complete MyPlate meal.
- b. How a complete MyPlate will help you feel good and at your best with school, work, and play.
- c. How the recipe contest helped you achieve the following MyPlate goals:

***Balancing Calories***

- Enjoy your food, but eat less.
- Avoid oversized portions.

***Foods to Increase***

- Make half your plate fruits and vegetables.
- Make at least half your grains whole grains.
- Switch to fat-free or low-fat (1%) milk.

***Foods to Reduce***

- Compare sodium in foods like soup, bread, and frozen meals – and choose the foods with lower numbers.
- Drink water instead of sugary drinks.

**Explain:**

## Checklist for Sending Entry

All of the following items must be returned for your entry to be valid

- Signed Entry Form**
  
- Recipe**
  - Recipe typed or legibly printed on the RECIPE FORM. Add pages if needed.
  - Recipe Category identified
  - Name of recipe and number of servings included
  - Ingredients in order of use and in exact, standard U. S. measurements
  - Verification of originality or description of where the original recipe was found and how it was changed
  
- Recipe photograph** (Actual photo of completed recipe. Must be a clear, digital photo for Web site use, not a scan, fax or photo copy of a picture.)
  
- Essay Form - completely answered**

**Mail to:**

Stirring Up Health™ Recipe Contest  
Healthy Kids Challenge  
2 W Road 210  
Dighton, Kansas 67839

- Postmarked on or before March 2, 2012**