

Be a Youth First Family

*Resources from Youth First Social Workers and Programs
for parents and caregivers to use in the home.*

High School Teens

Have a “Chopped” Cooking Competition With Your Teen

For some family fun with your teen, have a “Chopped” Cooking Competition!

Most of us have heard of the Food Network’s cooking competition show, “Chopped,” where four chefs face off against one another to prepare an amazing three-course meal consisting of an appetizer, entrée and dessert. The catch is that they have to use only the ingredients the show provides them.

You can have your own version of a cooking competition using only ingredients in your house! (Make sure to make participants aware of any “off limits” ingredients.)

Set a timer, designate one family member to be the judge, and the rest of you can start cooking to compete for the best dish in the house!

When your family sits down to try the dishes, get conversation “cooking” too with these questions:

- Share what you liked best about the experience.
- What was difficult about the challenge?
- What would you have changed about the meal you prepared?
- Talk about your favorite food.
- What types of dishes would you like to create next?



About Youth First, Inc.:

Youth First's mission is to strengthen youth and families through evidence-based programs that prevent substance abuse, promote healthy behaviors, and maximize student success. Youth First partners with 81 schools across 10 counties to provide 60 Master's level social workers who assess needs, develop and implement prevention plans, and connect students and their families to community resources. Youth First also offers afterschool programs involving parents and caregivers to strengthen families. For more information about Youth First, please visit youthfirstinc.org or call 812-421-8336.