

CHOPPED @ HOME

Teens

What to do:

1. Select four ingredients that are already in the kitchen and place them in a basket, box, or bowl. Depending on you/your child's adventure level in cooking/eating, you can decide to throw in a surprise ingredient (think chocolate with savory ingredients) or can stick to the basics. Examples of ingredients can be found at the original source below.
2. Again, depending on your child's skills, you may want to give them the box of ingredients and 10-20 minutes to do some research on what they could make. Perhaps you introduce the ingredients at lunch time and they can spend the rest of the afternoon preparing?
3. Give them 60 minutes (more or less if you want) to create a dinner for your family using the basket ingredients and any other ingredients they need/want to use from your kitchen.
 - They will need to cook and plate the food in the 60 minutes and then have them present it to your/the family.
 - Have more than 1 child? You can make it a friendly competition or a team effort.
 - You will "judge" them based on use of the ingredients (they have to use all 4), creativity, plating, and of course taste.



HOW TO DO A CHOPPED CHALLENGE at home



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**Click [HERE](#) for the
original source
and instructions**