

# Power Chef Challenge!

Cross off the 10 Power Chef Skills while trying for five in the kitchen.



Talk about the best part of your day at mealtime

Help prepare a meal with your family

Blend and drink a smoothie using leafy greens

Drain and rinse a can of beans and make into hummus (page 39)

Go on a family walk



Add thinly sliced radishes to a sandwich or wrap

**Power Chef Skill #5:**  
Tearing leaves (page 10)

**Power Chef Skill #4:**  
Citrus squeeze (page 6)

**Power Chef Skill #3:**  
Slice safely (page 5)

**Power Chef Skill #2:**  
Washing fruits and veggies (page 3)

**Power Chef Skill #1:**  
Scrub your hands (page 3)



Try cooking a fruit or veggie 3 different ways (like green beans)

**Power Chef Skill #6:**  
Whisk it (page 10)

**Bonus Skill:**  
Mash avocados in the Try for five Guacamole recipe (see reverse side of this insert)

**Power Chef Skill #10:**  
Roasting roots (page 21)

Help set the table at mealtime

Slice and clean out the inside of a bell pepper (try the Philly Stuffed Pepper recipe on page 37)


**Power Chef Skill #7:**  
Sharpen your knife skills (page 13)

**Power Chef Skill #8:**  
Crumbled cauliflower (page 17)

**Power Chef Skill #9:**  
Simple sauté (page 18)

Try a new fruit or vegetable (canned, fresh, frozen or dried)

Try getting 4 colors or more (from fruits and veggies) on your plate

Pack a fruit or veggie for a snack 

Make a shopping list with at least 5 fruits and veggies with your family

Peel and slice a cucumber or carrot



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