



Harris County 4-H

TEXAS A&M
AGRI LIFE
EXTENSION

“ Kids That Cook ” Day Camp



4-H Kids that Cook is a chance for youth to gain food preparation skills and test their culinary skills. Participants will be hands-on working in teams to prepare recipes and learn about nutrition for healthy growth. Teams will experience the 4-H version of “Chopped Junior Chef” to create a recipe from a mystery bag of ingredients and present their dish to judges. Food Challenge is the most popular 4-H contests and this camp will give participants a taste of all the excitement!

July 19 Thursday- 9:30 AM-2:00 PM- Tracy Gee Community Center-3599 West Center Dr., Houston, 77042 **Registration open on Eventbrite:** <https://www.eventbrite.com/e/4-h-kids-that-cook-july-19th-tickets-45736016657> **Cost: \$20 youth \$10 Adults.**

This camp is open to **all youth age 9 years and up**. Participants will eat the recipes but they may want to pack a lunch if they have food allergies or are not likely to eat what we cook. Please notify our office 5 days in advance if any special accommodations are needed. **You do not have to be a 4-H member to participate.** Contact Sheryl Nolen, CEA 4-H at snolen@ag.tamu.edu or call 281-620-1170 for more information.

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