



On March 4, the Cooking up Change healthy cooking contest hosted teams of high school students from Winston-Salem/Forsyth County (WS/FCS) who competed to make tasty, nutritious lunches that can be replicated in large school districts.

Five teams competed to win a trip to Washington, D.C. to compete in the national Cooking up Change finals. The winners will also see their meal served for lunch in schools across the district.

The competing students were taking the Culinary Arts & Hospitality classes at the Career Center taught by Chef Darlene Owens and Chef Dennie Veasey.

The five tasty meals that were judged were:

1. BBQ Grilled Chicken Strips with Baked Sweet Potato Wedges and a Fruit Yogurt Parfait
2. Chicken Quesadilla with Baked Sweet Potato Fries and a Fruit Relish
3. Chicken Salad with Mixed Vegetables and Cinnamon Chips served with Vanilla Yogurt 3rd
4. Pulled Chicken BBQ Sandwich with Baked Sweet Potato Fries and a Yogurt & Fruit Parfait 1st
5. Terrific Turkey Chili with Sweet Potato Cornbread and Sauteed Apples and Yogurt. 2nd

The winning meal was Pulled Chicken BBQ Sandwich with Baked Sweet Potato Fries and a Yogurt & Fruit Parfait. Hayden Cramer from North Forsyth High School, Corrine Hertz from Reagan High School, and Isaac Barham from Mount Tabor High School took top prizes and the winners will see their meal served in schools throughout WS/FCS. They will also travel to Washington, D.C. to compete against teams from other states in the Cooking up Change national Healthy Cooking Contest finals on May 23, 2011. Congratulations!!



Top 3 winning teams (from Left to Right): Hayden Cramer & Corrine Hertz (1st Place); Antonette Roberts-Davis & Jordan Line (3rd Place); Cymone James, Majoyree Smalls & Terry Messick (2nd Place).