University Extension 4-H sponsors cooking contests on Saturday, January 28, for youth from Weber, Davis, Salt Lake and Utah counties. Held at the Legacy Events Center in Davis County, the contests will provide youth the opportunity to showcase cooking, food safety and nutrition knowledge and skills as they represent their counties and cities.

According to Zuri Garcia, USU Extension assistant professor and event chair, "the contests will also prepare youth to compete in the 4-H State Contests held at USU each summer."

“It is important for youth to develop and feel confident in their nutrition knowledge and cooking abilities,” she said. “These contests will help youth as young as 8 become assured enough in their skills that they can compete at the state level when they are older. Through this event and others like it, we hope to help youth develop important life skills.”

The contests include two categories: favorite foods and healthy cuisine. The favorite foods category is for third through 12th graders, and contestants will be judged on the selection, knowledge and presentation of their favorite food. Healthy cuisine is for fifth through 12th graders who will use their talents in planning and preparing a quick, nutritious meal in 1 hour, including preparation and cleanup. Contestants can register for this category as an individual or team.