

# "FUN WITH COOKING"



## DURATION

± 60 minutes (varies from one recipe to the next).

## GOAL

Get kids to roll up their sleeves and get cooking! The workshop is designed to familiarize participants with the basics of food handling by giving them an opportunity to make tasty and easy recipes at camp that they will be proud of and will have fun to cook and taste.

## MATERIAL

- **Recipe card** (based on number of teams or kids).
- Recipe ingredients (according to quantities required).
- Material required to make the recipe.

## LEGEND



No cooking required



Oven cooking required



Microwave cooking only

## CRITERIA FOR THE 4 RECIPES SELECTED PER AGE GROUP

- No nuts, deli meats, fish, or seafood.
- Affordable ingredients.
- Limited cooking required (that way, camps that do not have an oven can still make 2 or 3 of the 4 recipes for each age group).
  - 2 no-cook recipes (for hot days or camps with no oven).
  - 1 recipe that requires microwave cooking only.
  - 1 recipe that requires oven cooking.
- At least 2 recipes per age group from the Shape Up website (if kids try a recipe at camp, they can ask their parents to make it at home afterwards).
- Little or no pre-activity preparation required (other than buying the ingredients, all steps are carried out during the activity).

## HOW TO PROCEED

### COOK AS A TEAM (PREFERABLE)

- If the camp is set up to allow the kids to cook in teams, the activity leader can first demonstrate the recipe, then have the campers take their turn making it as a team. Use the columns provided in the recipe cards to calculate the material and ingredients you will need.

### DEMONSTRATE THE RECIPE

- The activity can be presented in the form of a cooking demo in which the youngsters are involved in various steps.

## NOTE

- Plan for clean-up: paper towels, clean cloths, dish soap, sponges, etc.
- Safety: While certain steps in some of the recipes bear the mention "Activity Leader Supervision Required," it goes without saying that supervision is required at all times.
- Suggestion for certain recipes requiring cooking if there is a limited number of ovens: stagger the activity start time for each team so that cook times are offset.
- The "Fun With Cooking" activity can be repeated several times during the summer since there are various recipes suggested for each age group. You can also pick and choose from recipes for the next age group up.

# "FUN WITH COOKING"



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**BEFORE YOU BEGIN, CHECK WHETHER ANY OF THE CHILDREN HAVE FOOD ALLERGIES. CAREFULLY READ THE INGREDIENT LIST ON FOOD PACKAGES AND CHECK WITH PARENTS AS NEEDED.**

## LIST OF STAPLE MATERIAL

- |  |   |                                       |  |
|--|---|---------------------------------------|--|
| <input type="checkbox"/> Small bowl    | <input type="checkbox"/> Platter (or large plate) | <input type="checkbox"/> Chef's knife | <input type="checkbox"/> Ramekins (individual bowls) |
| <input type="checkbox"/> Large bowl    | <input type="checkbox"/> Square pan (8")          | <input type="checkbox"/> Butter knife | <input type="checkbox"/> Food processor              |
| <input type="checkbox"/> Strainer      | <input type="checkbox"/> Measuring spoons (1 set) | <input type="checkbox"/> Fork         | <input type="checkbox"/> Plastic wrap                |
| <input type="checkbox"/> Plate         | <input type="checkbox"/> Measuring cup (250 mL)   | <input type="checkbox"/> Grater       | <input type="checkbox"/> Saucepan                    |
| <input type="checkbox"/> Baking sheet  | <input type="checkbox"/> Dry measuring cup set    | <input type="checkbox"/> Spatula      | <input type="checkbox"/> Citrus press                |
| <input type="checkbox"/> Cutting board | <input type="checkbox"/> Mixing spoon             | <input type="checkbox"/> Whisk        | <input type="checkbox"/> Garlic press                |
| <input type="checkbox"/> Can opener    | <input type="checkbox"/> Paring knife             | <input type="checkbox"/> Oven mitts   |  |

## LIST OF STAPLE INGREDIENTS

These ingredients are required for a number of the suggested recipes.

### SPICES

- Salt
- Pepper
- Paprika
- Ground cinnamon
- Ground nutmeg
- Ground ginger
- Ground cardamom

### CONDIMENTS

- Olive oil
- Lemon juice
- Canola oil
- Non hydrogenated margarine
- Dijon mustard
- Baking powder
- Baking soda

### OTHER

- Honey
- Cocoa powder
- Sugar
- Brown sugar
- Unsweetened coconut
- Quick-cook rolled oats
- Unsweetened apple sauce
- Dried cranberries
- Milk or semi-sweet chocolate
- Vanilla
- Rice Krispies cereal
- Bran Flakes cereal
- All Bran Buds cereal
- Whole wheat flour

# "FUN WITH COOKING" RECIPE CARD

# 7-8

years old

# 01

## FRAGRANT POPCORN



### DIRECTIONS

1. Mix the corn kernels with all the other ingredients in a large bowl.
2. Place the seasoned corn kernels in a brown paper bag.
3. Close the bag, taking care to fold down the corners and roll the top down a few times.
4. Place the bag on its side in the microwave and cook for about 2 minutes or until the kernels stop popping.

**Warning: The popcorn bag will be very hot!  
Be sure to wear oven mitts when handling.**

WHAT YOU'LL NEED	RECIPE DEMO (4 SERVINGS)	PER TEAM (2-4 KIDS PER TEAM)	PURCHASES
<b>INGREDIENTS</b>	<b>QUANTITY</b>	<b>NUMBER OF TEAMS</b>	
Popping corn kernels	60 ml (¼ cup)	x	=
Canola oil	5 ml (1 tsp.)	x	=
Ground cinnamon	1 pinch	x	=
Ground nutmeg	1 pinch	x	=
Ground ginger	1 pinch	x	=
Ground cardamom	1 pinch	x	=
<b>MATERIAL</b>			
Large bowl	1	x	=
Measuring spoons	1 set	x	=
Mixing spoon	1	x	=
Dry measuring cup	1 jeu	x	=
Oven mitts	1	x	=
Brown paper bag	1	x	=
<b>VARIATION</b>			

Try a different spice mix: garlic salt, paprika, chili powder, curry, or other.



# "FUN WITH COOKING" RECIPE CARD

## 7-8 years old

### 02

## GREEK SALAD



### DIRECTIONS

1. Rinse and drain the chickpeas.
2. Rinse the feta cheese.
3. Tear oregano leaves into pieces.
4. Halve the cherry tomatoes.
5. Dice the cucumber and yellow peppers.
6. Combine all the ingredients, except the feta and lettuce, in a large bowl.
7. Juice the lemon using a citrus press.
8. In a small bowl, crumble the feta with a fork.
9. Add the feta and blend carefully.
10. Tear lettuce into pieces.
11. Toss with Romaine lettuce just before serving.

WHAT YOU'LL NEED	RECIPE DEMO (4 SERVINGS)	PER TEAM (2-4 KIDS PER TEAM)	PURCHASES
INGREDIENTS	QUANTITY	NUMBER OF TEAMS	
Chickpeas	1 can of 540 ml (19 oz)	x	=
Feta cheese	200 g (about 200 ml)	x	=
Fresh oregano	30 ml (2 tbsp.)	x	=
Cherry tomatoes, halved	250 ml (1 cup)	x	=
English cucumber, unpeeled and diced	½ cucumber	x	=
Yellow pepper, diced	1	x	=
Lemon juice	75 ml (½ cup)	x	=
Romaine lettuce	1 lettuce heart	x	=
MATERIAL			
Large bowl	1	x	=
Small bowl	1	x	=
Fork	1	x	=
Butter knife or paring knife	1	x	=
Measuring cup	1	x	=
Dry measuring cup set	1 set	x	=
Cutting board	1	x	=
Strainer	1	x	=
Measuring spoons	1 set	x	=
Mixing spoon	1	x	=
Can opener	1	x	=
Citrus press	1	x	=
VARIATION			
Add black olives.			



# "FUN WITH COOKING" RECIPE CARD

## 7-8 years old

### 03

## APPLE AND RASPBERRY CRUMBLE



### DIRECTIONS

1. Place the rack in the center of the oven. Preheat oven to 190°C (375°F). Grease a 8" square pan with canola oil.
2. Mix together oats, coconut, brown sugar, margarine, apple sauce, cinnamon, and salt. Set aside.
3. Cut the apples into quarters.
4. Remove zest (yellow part of the peel) using a grater.
5. In another bowl, stir together apples, raspberries, and lemon zest.
6. Spread in the base of the pan and cover with the crumble mix.
7. Bake for about 45 minutes, until golden brown.

WHAT YOU'LL NEED	RECIPE DEMO (9 SERVINGS)	PER TEAM (2-4 KIDS PER TEAM)	PURCHASES
INGREDIENTS	QUANTITY	NUMBER OF TEAMS	
Canola oil	5 ml (1 tsp.)	X =	
Quick-cook oats	375 ml (1½ cups)	X =	
Unsweetened coconut	125 ml (½ cup)	X =	
Brown sugar	60 ml (¼ cup)	X =	
Non-hydrogenated margarine	60 ml (¼ cup)	X =	
Unsweetened apple sauce	60 ml (¼ cup)	X =	
Ground cinnamon	2 ml (½ tsp)	X =	
Salt	1 pinch	X =	
Apples, unpeeled	2	X =	
Raspberries	375 ml (1½ cup)	X =	
Zest of one lemon	1 lemon	X =	
MATERIAL			
8" square pan	1	X =	
Large bowls	2	X =	
Measuring spoons	1 set	X =	
Dry measuring cup set	1 set	X =	
Mixing spoon	1	X =	
Cutting board	1	X =	
Butter knife or paring knife	1	X =	
Grater	1	X =	
Oven mitts	2	X =	



# "FUN WITH COOKING" RECIPE CARD

## 7-8 years old

### 04 GRANOLA BARS



#### DIRECTIONS

1. Grease an 8" square pan.
2. In a large bowl, mix together all the ingredients.
3. Spoon the mix into the pan and press down using a wet fork.
4. Cover with plastic wrap and refrigerate for at least 2 hours. During this time, the activity leader can propose some of the Shape Up healthy eating activities.
5. Cut into bars and serve.

WHAT YOU'LL NEED	RECIPE DEMO (8 SERVINGS)	PER TEAM (2-4 KIDS PER TEAM)	PURCHASES
INGREDIENTS	QUANTITY	NUMBER OF TEAMS	
Canola oil	5ml (1 tsp.)	X	=
Honey	60 ml (¼ cup)	X	=
Cocoa powder	30 ml (2 tbsps.)	X	=
Dried cranberries	125 ml (½ cup)	X	=
Unsweetened coconut	75 ml (½ cup)	X	=
Quick-cook rolled oats	375 ml (1½ cup)	X	=
Unsweetened apple sauce	125 ml (½ cup)	X	=
MATERIAL			
Large bowl	1	X	=
8" square pan	1	X	=
Measuring spoons	1 set	X	=
Dry measuring cup set	1 set	X	=
Mixing spoon	1	X	=
Fork	1	X	=
Paring knife for serving	1	X	=
Plastic wrap	1 sheet	X	=
VARIATION			
Substitute raisins for dried cranberries.			

