

# "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"



[2 OF 2]



**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

# 13-15

years old

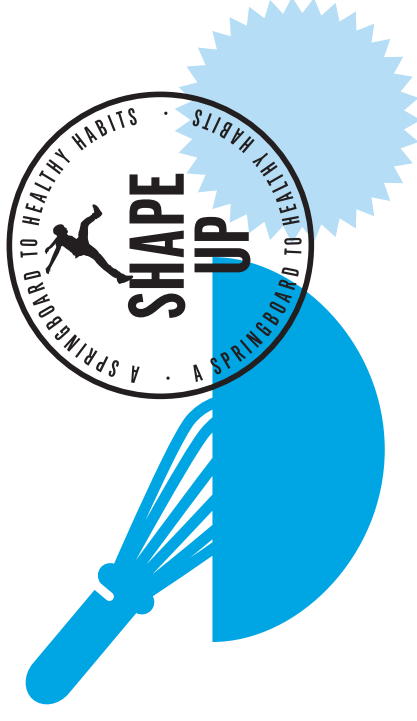
## 01 OLÉ OLÉ DIP



### DIRECTIONS

1. Rinse and drain white kidney beans in a strainer.
2. Seed and dice jalapeño peppers (be careful not to touch your eyes!).
3. Squeeze garlic with a garlic press.
4. Squeeze lemon with a citrus press.
5. Put all the ingredients into the food processor and blend until consistency is uniform. If the mix is too thick, add a bit of water.
6. Salt and pepper to taste.
7. Serve with raw veggies or pita crackers.

WHAT YOU'LL NEED		RECIPE DEMO (APPROX. 250 ml/1 CUP)	PER TEAM (2-4 KIDS PER TEAM)	PURCHASES
INGREDIENTS		QUANTITY	NUMBER OF TEAMS	
White kidney beans		270 ml (½ can)	X	=
Jalapeno pepper		½ or 1	X	=
Minced garlic		2 ml (½ tsp.)	X	=
Lemon juice		45 ml (3 tbsp.)	X	=
Fresh coriander, loosely packed		60 ml (¼ tasse)	X	=
Olive oil		15 ml (1 tbsp.)	X	=
Salt and pepper		1 pinch	X	=
MATERIAL				
Food processor		1	X	=
Paring knife		1	X	=
Measuring spoons		1 set	X	=
Strainer		1	X	=
Cutting board		1	X	=
Garlic press		1	X	=
Can opener		1	X	=
Dry measuring cup set		1 set	X	=
FOR TASTING				
Grilled pitas or raw veggies				



# "FUN WITH COOKING" RECIPE CARD

# 13-15

years old

## 02

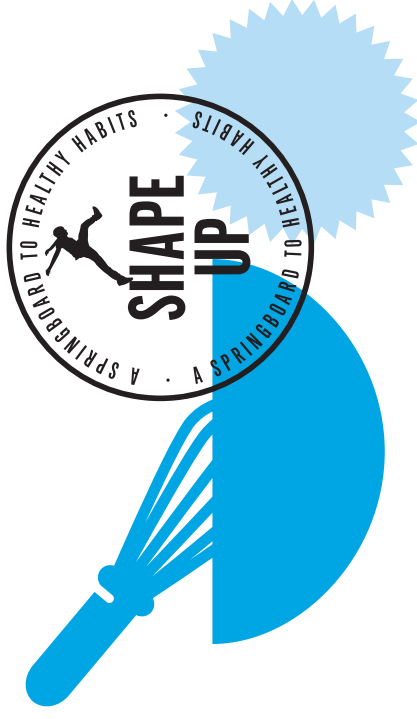
## LENTIL SALAD



### DIRECTIONS

1. Cut tomatoes into chunks.
2. Peel oranges, separate into quarters, and cut into chunks.
3. Rinse and drain lentils in a strainer.
4. Chop fresh coriander and cranberries.
5. Slice green onions crosswise.
6. In a large bowl, combine tomatoes, oranges, lentils, coriander, cranberries, and green onions.
7. Squeeze the lemon half in a citrus press.
8. Add the lemon juice and oil, season with salt and pepper, and toss gently until ingredients are well coated.

WHAT YOU'LL NEED	RECIPE DEMO (4 SERVINGS)	PER TEAM (2-4 KIDS PER TEAM)	PURCHASES
INGREDIENTS	QUANTITY	NUMBER OF TEAMS	
Italian tomatoes	2	X	=
Oranges	2	X	=
Lentils	1 can (540 ml or 19 oz)	X	=
Fresh coriander	60 ml (¼ cup)	X	=
Dried cranberries	45 ml (3 tbsp.)	X	=
Green onions, chopped	2	X	=
Lemon juice	Juice of half a lemon	X	=
Olive or canola oil	30 ml (2 tbsp.)	X	=
Salt and pepper	1 pinch	X	=
MATERIAL			
Large bowl	1	X	=
Paring knife	1	X	=
Strainer	1	X	=
Measuring spoons	1 set	X	=
Cutting board	1	X	=
Dry measuring cup set	1 set	X	=
Citrus press	1	X	=
Can opener	1	X	=
Mixing spoon	1	X	=



# "FUN WITH COOKING" RECIPE CARD

# 13-15

years old

## 03

## CAMP-GOER RICE KRISPIE SQUARES



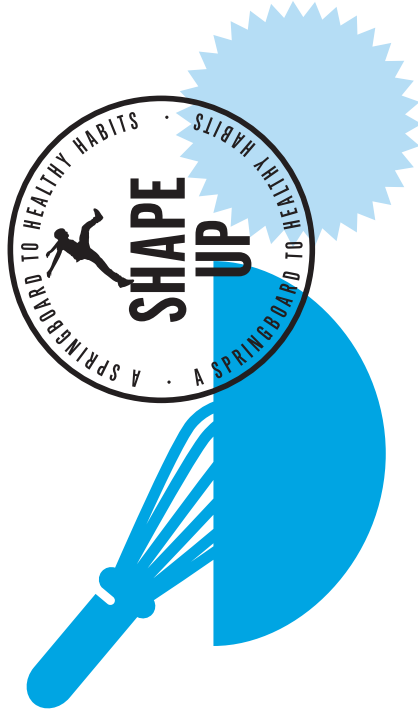
### DIRECTIONS

1. Grease an 8" square pan with canola oil.
2. In a microwavable bowl, melt the margarine in the microwave for about 20 seconds. Add the marshmallows and reheat in the microwave for another minute. Add vanilla and blend well.
3. Chop cranberries (activity leader supervision required).
4. Add the cereal, cranberries, and pumpkin seeds.
5. Press the mix into the pan using a wet fork.
6. Cover and allow to harden at room temperature.

WHAT YOU'LL NEED	RECIPE DEMO (12 SERVINGS)	PER TEAM (2-4 KIDS PER TEAM)	PURCHASES
<b>INGREDIENTS</b>	<b>QUANTITY</b>	<b>NUMBER OF TEAMS</b>	
Canola oil	5 ml (1 tsp.)	x	=
Non hydrogenated margarine	45 ml (3 tbsp.)	x	=
Mini-marshmallows	500 ml (2 cups)	x	=
Vanilla	2 ml (1½ tsp.)	x	=
Rice Krispies cereal	500 ml (2 cups)	x	=
Bran Flakes cereal	250 ml (1 cup)	x	=
All Bran Buds cereal	125 ml (½ cup)	x	=
Dried cranberries	60 ml (¼ cup)	x	=
Shelled pumpkin seeds	75 ml (⅓ cup)	x	=
<b>MATERIAL</b>			
8" square pan	1	x	=
Large bowl	1	x	=
Paring knife	1	x	=
Measuring spoons	1 set	x	=
Measuring cup	1	x	=
Mixing spoon	1	x	=
Fork	1	x	=
Cutting board	1	x	=
Dry measuring cup set	1 set	x	=
Plastic wrap	1 sheet	x	=
<b>VARIATION</b>			

Substitute chocolate chips for the pumpkin seeds.

Special collaboration with Les Ateliers cinq épices. For more info: [cinqepices.org](http://cinqepices.org)



# “FUN WITH COOKING” RECIPE CARD

# 13-15

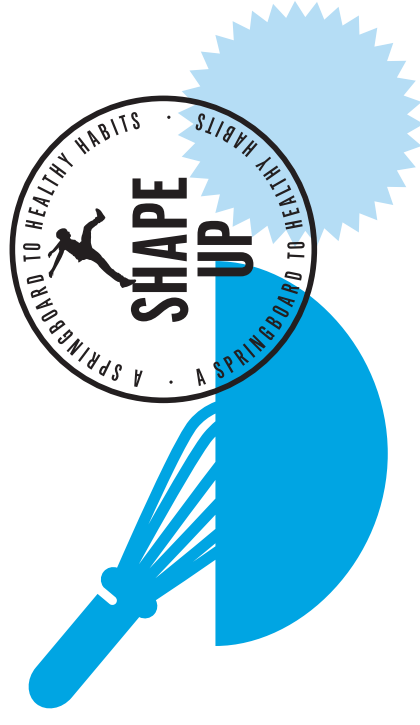
years old

## 04 | APPLE, OAT AND COCONUT COOKIES



### DIRECTIONS

1. Place the rack in the middle of the oven. Preheat oven to 190°C (375°F). Grease a cookie sheet with canola oil.
2. In a bowl, combine dry ingredients (whole wheat flour, baking powder, baking soda, quick-cook rolled oats, unsweetened coconut).
3. In another bowl, stir together brown sugar, margarine, and apple sauce. Add the egg and vanilla.
4. Dice the apple.
5. Incorporate the dry ingredients and apple chunks into the mix from Step 3.
6. Make about 12 balls with the cookie dough (approx. 45 ml or 3 tbsp.) and place on the baking sheet, leaving space between them. Flatten the balls slightly with a fork.
7. Bake for 10 to 15 minutes until the edges are golden brown. Allow to cool on a rack.



WHAT YOU'LL NEED		RECIPE DEMO (12 SERVINGS)	PER TEAM (2-4 KIDS PER TEAM)	PURCHASES
INGREDIENTS		QUANTITY	NUMBER OF TEAMS	
Canola oil		5 ml (1 tsp.)	x	=
Whole wheat flour		175 ml (¾ cup)	x	=
Baking powder		2 ml (½ tsp.)	x	=
Baking soda		1 ml (¼ tsp.)	x	=
Quick-cook rolled oats		175 ml (¾ cup)	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	=
Egg		1	x	=
Vanilla		2 ml (½ tsp.)	x	=
Apple, unpeeled		1	x	=
MATERIAL				
Cookie sheet		1	x	=
Oven mitts		2	x	=
Large bowls		2	x	=
Measuring spoons		1 set	x	=
Measuring cup		1	x	=
Dry measuring cup		1 set	x	=
Cutting board		1	x	=
Mixing spoon		1	x	=
Fork		1	x	=
Paring knife		1	x	=

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