

"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

5-6
years old

01

DEVILED EGGS



DIRECTIONS

1. Cook the eggs in boiling water for 12 minutes (activity leader supervision required, or complete this step beforehand).
2. Cool eggs in cold water to stop the cooking process.
3. Peel the eggs.
4. Halve the eggs lengthwise.
5. Remove the yolks and place them in a mixing bowl.
6. Set aside the egg white halves on a platter.
7. Add all the other ingredients to the yolks and mix well.
8. Scoop the mix into a plastic bag. Cut off one corner of the bag.
9. Stuff the egg white halves with the yolk mixture.

WHAT YOU'LL NEED	RECIPE DEMO (24 HALVED EGGS)	PER TEAM (4 KIDS PER TEAM)	PURCHASES
INGREDIENTS	QUANTITY	NUMBER OF TEAMS	
Quantity	12	X	=
Number of teams	30 ml (2 tbsp.)	X	=
Mayonnaise	45 ml (3 tbsp.)	X	=
Dijon mustard	5 ml (1 tsp.)	X	=
Paprika	2 ml (½ tsp.)	X	=
Chives, chopped (optional)	5 ml (1 tsp.)	X	=
MATERIAL			
Saucepan	1	X	=
Large bowl	1	X	=
Measuring spoons	1 set	X	=
Mixing spoon	1	X	=
Large plate or platter	1	X	=
Spatula	1	X	=
Plastic bag	1	X	=
Scissors	1	X	=
Cutting board	1	X	=
Butter knife	1	X	=
VARIATION			
Also delicious with a bit of chili sauce.			



"FUN WITH COOKING" RECIPE CARD

5-6
years old

02

TZATZIKI



DIRECTIONS

1. Grate cucumber and place atop 2 folded sheets of paper towel.
2. Take 2 additional sheets of paper towel and delicately press grated cucumber to remove excess water.
3. Tear mint leaves into pieces.
4. Combine all ingredients.
5. Serve with raw veggies or pita bread.

WHAT YOU'LL NEED		RECIPE DEMO (4 SERVINGS)	PER TEAM (2-4 KIDS PER TEAM)	PURCHASES
INGREDIENTS		QUANTITY	NUMBER OF TEAMS	
Cucumber		60 ml (¼ cup)	X	=
Fresh mint		30 ml (2 tbsp.)	X	=
Plain Greek yogurt		250 ml (1 cup)	X	=
Lemon juice		10 ml (2 tsp.)	X	=
Honey		15 ml (1 tbsp.)	X	=
MATERIAL				
Grater		1	X	=
Large bowl		1	X	=
Butter knife		1	X	=
Cutting board		1	X	=
Dry measuring cup set		1 set	X	=
Citrus press		1	X	=
Paper towel		4 sheets	X	=
Measuring spoons		1 set	X	=
Mixing spoon		1	X	=
FOR TASTING				
Grilled pitas or raw veggies.				



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5-6
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03

SWEET CHOCOLATE DIP



DIRECTIONS

1. In a small, microwaveable bowl, mix together cocoa, water, and sugar.
2. Heat in microwave for 30 seconds or until well diluted (activity leader supervision required).
3. Add the chocolate mix to the yogurt in a large bowl and mix well.
4. Allow to cool and serve as a dip with fruit.

WHAT YOU'LL NEED	RECIPE DEMO (2 SERVINGS)	PER TEAM (2-4 KIDS PER TEAM)	PURCHASES
INGREDIENTS	QUANTITY	NUMBER OF TEAMS	
Cocoa	20 ml (4 tsp.)	X	=
Water	30 ml (2 tbsp.)	X	=
Sugar	15 ml (1 tbsp.)	X	=
Plain yogurt	250 ml (1 cup)	X	=
MATERIAL			
Small bowl	1	X	=
Large bowl	1	X	=
Dry measuring cup set	1 set	X	=
Measuring spoons	1 set	X	=
Mixing spoon	1	X	=
FOR TASTING			
Chunks of fresh fruit.			



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5-6
years old

04

MULTICOLOR FRUIT SALAD



DIRECTIONS

1. Cut all the fruit (activity leader supervision required).
2. Place in a large bowl.
3. Add orange juice and blend well.

WHAT YOU'LL NEED	RECIPE DEMO (4 SERVINGS)	PER TEAM (2-4 KIDS PER TEAM)	PURCHASES
INGREDIENTS	QUANTITY	NUMBER OF TEAMS	
Peach, cubed	1	X	=
Strawberries, halved	250 ml (1 cup)	X	=
Kiwis	2	X	=
Seasonal fruit (your choice)	250 ml (1 cup)	X	=
Orange juice	45 ml (3 tbsp.)	X	=
MATERIAL			
Large bowl	1	X	=
Butter knife	1	X	=
Cutting board	1	X	=
Dry measuring cup set	1 set	X	=
Measuring spoons	1 set	X	=
Mixing spoon	1	X	=
VARIATIONS			
Vary fruits depending on what's in season. Add honey, maple syrup, or fresh mint leaves.			

