

# "FUN WITH COOKING"



[1 OF 2]

## 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

# 9-12

years old

## 01 CANTALOUPE AND BOCCONCINI SALAD



### DIRECTIONS

1. Scrub cantaloupe thoroughly with a brush.
2. Cut the cantaloupe in half (activity leader supervision required) and remove the seeds with a spoon.
3. Cut the cantaloupe into slices, then chunks, removing the peel as you cut.
4. Tear basil leaves into pieces.
5. Mix all the ingredients together in a large bowl.

WHAT YOU'LL NEED	RECIPE DEMO (4 SERVINGS)	PER TEAM (2-4 KIDS PER TEAM)	PURCHASES
INGREDIENTS	QUANTITY	NUMBER OF TEAMS	
Cantaloupe	1	X	=
Fresh basil	15 ml (1 tbsp.)	X	=
Cocktail bocconcini	6 units	X	=
Olive oil	15 ml (1 tbsp.)	X	=
Salt (optional)	1 pinch	X	=
MATERIAL			
Large bowl	1	X	=
Cutting board	1	X	=
Chef's knife	1 for the activity leader		1
Paring knife	1	X	=
Mixing spoon	1	X	=
Measuring spoons	1 set	X	=
VARIATION			

Replace cantaloupe with honeydew melon or watermelon, or make a three-color salad!



# "FUN WITH COOKING" RECIPE CARD

# 9-12

years old

## 02

## VEGGIE PESTO MINI-PIZZA



### DIRECTIONS

1. Place the rack in the middle of the oven. Preheat oven to 200°C (400°F). Grease a baking sheet with canola oil.
2. In a small bowl, combine pesto and tomato sauce.
3. Cut peppers into strips.
4. Grate the cheese.
5. Slice English muffins lengthwise and place face up on the baking sheet.
6. Using a spatula, spread the pesto and tomato sauce mix on the English muffins. Top with pepper strips and cheese.
7. Bake for 10–15 minutes or until the cheese turns golden-brown.

WHAT YOU'LL NEED	RECIPE DEMO (8 MINI-PIZZA)	PER TEAM (2-4 KIDS PER TEAM)	PURCHASES
INGREDIENTS	QUANTITY	NUMBER OF TEAMS	
Canola oil	5ml (1 tsp.)	X	=
Pesto (may contain nuts)	20 ml (4 tsp.)	X	=
No-salt tomato sauce	60 ml (¼ cup)	X	=
Yellow or red pepper	½ pepper	X	=
Whole wheat English muffins	4	X	=
Grated cheddar	150 ml (⅔ cup)	X	=
MATERIAL			
Small bowl	1	X	=
Spatula	1	X	=
Baking sheet	1	X	=
Oven mitts	2	X	=
Measuring spoons	1 set	X	=
Dry measuring cup set	1 set	X	=
Mixing spoon	1	X	=
Paring knife	1	X	=
Grater	1	X	=
Cutting board	1	X	=



# “FUN WITH COOKING” RECIPE CARD

# 9-12

years old

## 03

## CHOCOLATE NUGGETS



### DIRECTIONS

1. Chop dried cranberries (activity leader supervision required).
2. Place cookies in a zipper freezer bag. Set the bag on a table and crumble the cookies using your fist or a rolling pin.
3. In a bowl, combine Rice Krispies, cookies, and dried cranberries.
4. In another microwavable bowl, heat the chocolate in 30 second bursts, stirring each time until the chocolate is fully melted (activity leader supervision required).
5. Fold the chocolate into the prepared mix. Allow to sit at room temperature for about 30 minutes (this makes the mix easier to work with). During this time, the activity leader can propose some of the Shape Up healthy eating activities.
6. Roll about 1 tbsp. of mix in the palm of the hand to make little balls. Wet hands with water to ensure the balls don't stick to your hands.
7. Roll the nuggets in the cocoa powder (sprinkled onto a plate). Allow to cool completely on a cookie sheet or cake rack.

WHAT YOU'LL NEED		RECIPE DEMO (ABOUT 25 NUGGETS)	PER TEAM (2-4 KIDS PER TEAM)	PURCHASES
INGREDIENTS		QUANTITY	NUMBER OF TEAMS	
Dried cranberries		125 ml (½ cup)	X	=
Rice Krispies cereal		500 ml (2 cups)	X	=
Crumbled cookies (Petit beurre, Social Tea...)		175 ml (¾ cup)	X	=
Milk or semi-sweet chocolate		225 g (8 oz)	X	=
Cocoa powder		125 ml (½ cup)	X	=
MATERIAL				
Large bowls		2	X	=
Plate		1	X	=
Paring knife		1	X	=
Measuring spoons		1 set	X	=
Dry measuring cup set		1 set	X	=
Cutting board		1	X	=
Mixing spoon		1	X	=
Cookie sheet or cake rack		1	X	=
VARIATION				
Substitute nut-free granola for the cookie crumbs.				



# “FUN WITH COOKING” RECIPE CARD

# 9-12

years old

## 04

## LEMON CHEESECAKE



### MAKING THE CRUST

1. In a bowl, combine Graham crumbs, margarine, and salt. (Calculate total quantity required, depending on the number of kids).
2. Scoop mix into individual ramekins (8 cm in diameter, 1 per child) and press mix in the bottom to form the crust. Refrigerate.

### MAKING THE FILLING

3. Remove lemon zest (yellow part of peel) using a grater. Set aside.
4. In another bowl, combine cream cheese, sugar, vanilla, and lemon zest using a fork. (Calculate total quantity required, depending on the number of kids.)
5. In another bowl, whip cream with a whisk.
6. Add whipped cream to the cheese mix and mix gently using a spatula.
7. Pour cheese mix over the crust in each ramekin, cover with plastic wrap, and refrigerate for at least 1 hour. During this time, the activity leader can propose some of the Shape Up healthy eating activities.
8. Garnish with cocoa powder or fresh fruit before serving (optional).

WHAT YOU'LL NEED	RECIPE DEMO (1 INDIVIDUAL SERVING)	PER PARTICIPANT	PURCHASES
<b>INGREDIENTS</b>	<b>QUANTITY</b>	<b>NUMBER OF TEAMS</b>	
Graham cracker crumbs	30 ml (2 tbsp.)	X	=
Non hydrogenated margarine, melted	5 ml (1 tsp.)	X	=
Salt	1 pinch	X	=
Light cream cheese, room temperature	45 ml (3 tbsp.)	X	=
Sugar	15 ml (1 tbsp.)	X	=
Vanilla	1 ml (¼ tsp.)	X	=
Lemon zest	2 ml (½ tsp.)	X	=
35% whipping cream	30 ml (2 tbsp.)	X	=
Cocoa powder or fresh fruit (optional)		X	=
<b>MATERIAL</b>			
Ramekin	1	X	=
Large bowls	3		3
Whisk	1		1
Measuring spoons	1 set		1
Fork	1		1
Spatula	1		1
Grater	1	X	=
Plastic wrap	1 sheet	X	=

