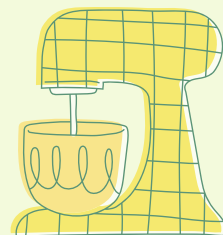


Facilitating Cooking



2-3
min

ACTIVITY OPENING, WELCOME CAMPERS!

- **Every activity begins with an enthusiastic HELLO & Welcome to Cooking!** NOW introduce yourselves as their Cooking A.C's! Remember 1st is Last & Fast! Campers will love their time at Cooking as much as you do! Have so much fun!
- **NOW it's time to share names, by leading a NAME WHIP!** This builds community & connection! Get creative & circle up! Ex. Ask them to share their name & your favorite food.

3-5
min

COOKING WITH INTENTION - EVERY OPENING NEEDS A 3 KEYS & 4 OUTCOMES DISCUSSION

Refer to '**Cooking with Intention**' on the next page to guide you in having a 3 keys & 4 outcomes conversation with campers at the start of each activity period.

- Please address all 3 keys AND talk about what we hope they experience/gain from their time at Cooking!

40
min

TIME TO BAKE!

Cooking is a fun and practical activity. Our hope is that we can ignite a love for cooking, as it is a skill they will need for the rest of their lives. This year campers will be making **homemade Pop Tarts!**

This activity requires cabins to make dough for the cabin coming after them, as it needs to rest in the refrigerator for a minimum of 30mins before using - this means, YOU will make the first batch!

Please reference '**Activity Flow**' & the **recipe** below for detailed instructions. You will also be provided with 3-4 laminated copies of the recipe for camper use and reference during their activity period.

5-7
min

CLEAN UP & EAT!

Once all groups have completed cooking, and areas are cleaned up, it's time to eat! Depending on timing, it's totally okay to eat and close your activity simultaneously!

5-7
min

CLOSING TIME!

Thank them for participating! -- Be specific, what were some great qualities you saw in campers? Tell them! Encourage them to do the same!

Closings are a perfect time for reflection! ex. Name + compliment one person on something you saw them do during archery, ask them to be specific!

Cooking with Intention

COUNSELORS ARE ASKED TO HELP CAMPERS GROW IN CAMP'S FOUR OUTCOMES. DURING YOUR ACTIVITY OPENING TELL THEM A LITTLE ABOUT WHAT WE HOPE THEY GAIN FROM THEIR EXPERIENCE AT COOKING:

SOCIAL COMPETENCIES

Share equipment
Practice patience
Celebrate successes
Manage big feelings

POSITIVE SELF-IDENTITY

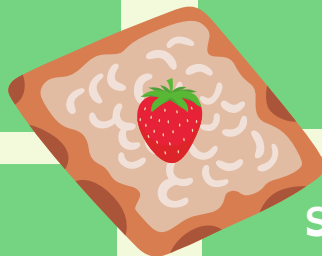
Participation
Patience
Perseverance
New skills

INDEPENDENCE & SELF RELIANCE

Learning and developing skill in a kitchen
Time Management
Attentive to Safety

SENSE OF SUPPORT

Encouragement
Participation
Helpfulness
Engagement



3 Keys to Success

Physical Safety

- Whenever a stove top is in use, a Counselor must be present!
- Counselors must be present while campers are using a knife.
- Instruct campers on knife safety!
- Absolutely no running or fast walking in the kitchen!
- When walking behind someone, always say 'behind you', this is very important cooking etiquette!

Emotional Safety

It important to create a supportive environment at Camp!

Let's all remember to be encouraging, kind & helpful!

Respect Camp Facilities & Equipment

Have fun, but remember the equipment not only needs to last all summer long, but for years to come.

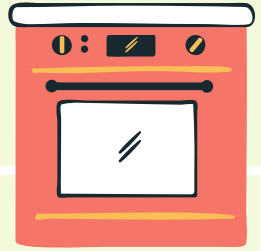
Please don't leave the mixers unattended while on.

Leave the equipment and Kids Kitchen how you found it!

Help clean up!

Cooking Safely

Kid's Kitchen - with mixers, knives, ovens and potential food allergies cooking is considered a higher risk activity at Camp. Therefore, it is important to take the proper steps to minimize the likelihood of an incident or injury.



Appliance & Equipment Safety

Oven & Stove Top:

- Ovens should never be unattended while cooking. Do not leave Kid's Kitchen with food on the stovetop or in the oven.
- Please keep stove top clear of flammables
- Do not leave stovetop burners unattended while cooking/on.
- Whenever a stove top is in use, a Counselor must be present!

Microwave - No metal!

Mixers -

- Do not leave unattended while on.
- Mixer should be in locked position when in use, or before moving. Your support director will review this with you during staff training. If they forget, remind them!
- One mixer is designated and labeled 'gluten free,' please do not contaminate this mixer with gluten.



Knives, pizza cutters, all sharp objects -

- Knives are to be stored up high on the racks and out of reach.
- Counselors must be present while campers are using a knife.
- Instruct campers on knife safety!
 - How to hold a knife
 - Show them how to keep their fingers safe!
 - Never walk around or turn quickly in any direction with a knife in hand!
- **All knives are to be stored on the racks, and not at workstations.**
- **When a camper needs a knife, a counselor will be the one to hand them (safely) what they need.**

Prepping for Your Activity

- **USE YOUR RESOURCES!** Your support directors are human resources, don't forget about them!
- Lesson planning can be tough, but the best instructors remain flexible. Have a Plan A and a Plan B. Something that reaches one group of campers may feel different with the next, and the same goes for individual campers.
- **HAVE A PLAN!** Be prepared for each cabin group.
- Think about your timing...work backwards! How long for your closing? How long will it take to execute this activity? What will your Opening/Intro/Frontloading be?
- Be prepared for each cabin group, HAVE A PLAN!
- **SET THE STAGE!** Have all materials, equipment and ingredients ready to go BEFORE cabins arrive...prep for the morning...prep for the afternoon! (Set all equipment and ingredients up on each table, there won't be enough time to seek and find the equipment they need)
- **KNOW YOUR CAMPERS!** In what ways will your facilitation differ when working with a teenage cabin versus a unit one cabin?
- **Review any known allergies & plan accordingly.**

Facilitation: Things to Consider

The activity experience will vary greatly depending on your activity. Some general tips for successfully working with groups include:

- Think about group comfort
- Think about group size
- Make sure you have their attention & then deliver
- Be clear & concise in your words
- Make instructions easily digestible & age appropriate
- Sequencing - timing when its best to present what information for superb camper engagement
- Front Loading - what information is necessary & helpful to present early or during transitions
- How will you & your Co's share facilitation, who will say what and when and how?!

Cooking Flow:

- Split the cabin into groups, each group will prepare dough for the next cabin, then they'll make pop tarts with the dough prepped by the previous cabin. YOUR 1st cabin of the session will NEED YOU TO MAKE their dough.
- Have each group, with the help of a counselor:
 - Read through dough & pop tart (see below) recipes
 - Check Off check list of necessary food and supplies
 - Decide who will do what/delegate roles

Tip: Each table should be pre-set with all the necessary items, but NOT measured out for both the dough & pop tart. We want campers working on their independence and self-reliance!!

- Once campers have checked & prepared their ingredients and supply list, AND have determined roles and responsibilities....AND....YOU as the Activity Counselors have checked to see each group is ready.....It time to start mixing!!!!
- When the dough making is complete instruct campers to place in mixing bowl, covered, and labeled. Store dough in the fridge, so that it may rise and be ready for the next activity period
- NOW IS THE TIME TO MAKE THE POP TARTS!
 - Reset prep table, by having campers wipe down tables and move unneeded equipment to the side.
 - Follow Pop Tart Recipe below!
- NOW that their pop tarts are in the oven, it's time to get everyone involved with cleaning up!
- Kid's Kitchen is clean & their pop tarts are done! Time to close your activity period!
- Wahoo!

All safety rules should be covered during your opening and reinforced right before campers jump in!

1. Throughout the activity, you will be jumping around and checking in with each group, ensuring safety, participation, and education!
2. As groups finish cooking, have campers and cabin counselors clean-up their own area, including cleaning dishes! (This will be important for you as the Activity Counselor transitioning straight into another activity period!)
3. Once all groups have completed cooking, and areas are cleaned up, it's time to eat! Depending on timing, it's totally okay to eat and close your activity simultaneously!

Dough Recipe:

- In a food processor, pulse together flour, salt and granulated sugar.
- Add butter and pulse mixture until resembles coarse meal (it won't really come together in pieces much at this point, so don't over-process, just pulse until butter is no longer in large pieces).
- Add 4 Tbsp water and pulse several times, if it doesn't come together in clumps add remaining 1 Tbsp water.
- Drop mixture onto a clean surface, gather dough into a ball. Shape into about a 5-inch disk. Place in a mixing bowl, label bowl, cover with plastic wrap and chill 1 hour.

Ingredients:

- 2 cups + 2 Tbsp all-purpose flour , plus more for rolling
- 1 tsp salt
- 1 tsp granulated sugar
- 1 cup unsalted butter , cold and diced into 1/2-inch cubes
- 4 - 5 Tbsp ice water
- 3/4 cup strawberry preserves , divided (or other preserve of choice)

Equipment/Kitchen Tools:

- food processor
- water cup
- measuring spoon & cup set
- butter knife

POP TART Recipe

- Preheat oven to 400°F. Line a baking sheet with parchment paper and set aside.
- In a small bowl, mix ½ cup jam with cornstarch. Crack the egg into a second small bowl and whisk.
- Flour a large work surface and lay both pie crusts out on it. Roll the circles to 11 inches across. Use a knife or pizza cutter to cut the edges off, about 1 inch off all sides, to create two 9-inch squares. Then cut each square into three 3-inch stripes, or 6 total.
- Spoon 1-2 tablespoons of jam on one end of each strip.
- Brush a rectangle of egg around the jam, to glue the sides together. Fold the dry end over the end with jam.
- Use a fork to crimp the edges together on all sides. Repeat with remaining pie crust strips.
- Move the pop tarts to the prepared baking sheet. Bake for 15–18 minutes, until golden. Cool.
- After the pop tarts have cooled for several minutes, whisk powdered sugar, 1 tablespoon jam, and 1-2 tablespoons cream together to create an icing glaze. Spoon over the top of each pop tart and immediately sprinkle with sugar sprinkles. Let the icing dry, on the baking sheets or on a dry rack.
- Serve warm or at room temperature

Ingredients

- 2 whole Refrigerated Pre-made Pie Crusts
- 1/2 cup Fruit Jam, Any Variety, Plus 1 Tablespoon for Icing
- 1 Tbsp. Cornstarch
- 1 Egg
- 1 cup Powdered Sugar
- 1 Tbsp. Heavy Cream (or More As Needed)
- Sprinkles
- Flour or flour alternative

Equipment/Kitchen Tools

- Silicone pie rolling mat
- Rolling pin
- fork & spoon
- basting brush
- baking sheet
- parchment paper
- measuring spoon & cup sets

What is the role of the Cabin Counselor at Cooking?

Cabin Counselors are expected to help keep their campers stay engaged, respectful, and safe.

At Cooking, ask cabin counselors to help you:

- Supervise any campers, especially if they're struggling to engage.
- Assist campers with recipe instructions when needed. Do not take over!
- Be on the lookout for dangerous behaviors, intentional or not.
- Cabin counselors should never leave you alone at an activity, 1-2 cabin counselors must always be present.
- Ensure their health & safety - drinking water & sunscreen too!

Counselors are welcome to eat the food their campers prepare but should not be actively cooking!

Equipment & Storage

- Everything you need & more for Cooking is kept in Kid's Kitchen.
- If you can't find something you need, or something is broken, please let your support director know as soon as possible.
- Mixers, measuring spoons & cups, sheet pans, mixing bowls and more can be found in Kid's Kitchen.
- All ingredients dry ingredients can be found in a bin labeled 'Pop Tart Dry Ingredients'
- All refrigerated items are stored and should remain stored in the refrigerator



Health & Safety

- If a participant is injured send them with a counselor to the Med Shed. Rule of 3 applies!
- Should a more serious incident occur:
 - Calm the individual
 - Send an adult to Med Shed for IMMEDIATE assistance
 - Have an adult supervise remaining campers
 - Immobilize the individual
 - Pack and isolate injured area using the activity First Aid kit and supplies
 - Bandage and immobilize in place and if safe, proceed to the Med Shed.
- In case of thunder and lightning we ask that you stay inside for the entirety of your activity period. (see Lightning procedure)
- First Aid and Universal Precaution kits are maintained at this activity.