

Campamento Culinario



Objetivos de aprendizaje: Pasen tiempo juntos en la cocina trabajando en mediciones, lectura, escritura y experimentación.

Proyecto final: Crea tu propio libro de cocina personal. Ver Exploración 5.

Exploración 1 – Prueba de sabor y revisión de recetas

Lectura – Elegir un texto para leer de forma independiente o con un miembro de la familia durante al menos 20 minutos por día. Lectura recomendada: "Experimentos"

Matemáticas: Registrar los resultados de la prueba de sabor a ciegas en su diario. Podrían hacer un cuadro o gráfico de conteo.

Diario / escritura de observación: Elegir un alimento que coman con frecuencia (por ejemplo, manzana). Cómelo lentamente y presta mucha atención a cada detalle. Escriban sobre la comida, respondiendo a estas preguntas: ¿Cómo se ve de cerca? ¿Cómo huele? ¿Cómo suena? ¿A qué sabe?
Actividades–

- Prueba de sabor a ciegas: ¿Crees que el aspecto de los alimentos es parte de su sabor? ¿Puedes sentir la diferencia en algo si no puedes ver lo que estás comiendo? Con un compañero o un grupo pequeño, tomen turnos para comparar la diferencia entre 2 alimentos muy similares (por ejemplo, uvas rojas y verdes; pimientos verdes y rojos; tipos de queso). Use una venda en los ojos o pídales que cierren los ojos. Pídales que sostengan cuál creen que es cuál. ¿Cuántos catadores adivinaron correctamente?
- Sigán una receta y escribir su opinión sobre ella utilizando la hoja "Mi revisión de recetas" o pueden completar "Mi revisión de recetas" en una receta que alguien más cocinó esta semana.

Exploración 2 – Comiendo el arcoíris

Lectura – Elegir un texto para leer de forma independiente o con un miembro de la familia durante al menos 20 minutos por día. Lecturas recomendadas: "From Farm to Table" o "From Fruit to Jam"

Matemáticas: – Leer el aviso del diario a continuación. Crear una historia matemática sobre las millas que recorrió su alimento. Desafiar a alguien para que lo resuelva.

Diario / escritura de observación – Elegir un alimento de su despensa, gabinete o refrigerador. Pensar de dónde vino o cómo se hizo. Escribir o dibujar sobre su viaje a su hogar (por ejemplo, naranja: flor, fruta, árbol, camión, supermercado).

Actividades – Comida equilibrada, comiendo el arcoíris

Exploración 3 – Presupuesto

Lectura– Elegir un texto para leer de forma independiente o con un miembro de la familia durante al menos 20 minutos por día: “The Cost of Dinner” o “Let it Grow: The Booming Business of Farmer’s Markets”

Matemáticas: – Comparar el costo de cocinar comidas en casa con el costo de comer en un restaurante.

Diario / escritura de observación – Escribir (o corte y pegue imágenes) todos los artículos, su costo y sumar todo. ¿Qué notan sobre la diferencia de costo entre cocinar la cena en casa y cenar en un restaurante? ¿Por qué creen que hay diferencias de costos?

Actividades – Planifica tu lista de compras semanal.

Exploración 4 – Cambios químicos

Lectura – Elegir un texto para leer de forma independiente o con un miembro de la familia durante al menos 20 minutos por día. Lecturas recomendadas: “Maggie Makes Macaroni” o “Food in Kenya”

Matemáticas: – Medir los ingredientes en una receta de su elección.

Diario / escritura de observación –Antes y después: muchos cambios físicos y químicos ocurren cuando se preparan los alimentos. Escribir sobre una comida que hicieron. Doblar un papel por la mitad. A la izquierda, dibujar tu comida antes de cocinarla. A la derecha, dibujar la comida después de cocinarla. ¿Qué notaste? ¿Hubo un cambio de forma o tamaño? ¿Se formó una nueva sustancia? ¿Hubo un cambio en el estado de la materia (sólido, líquido, gaseoso)?

Actividades –

- Usar el recipiente para hacer helado casero en una bolsa
- Crear una nueva receta familiar cambiando los ingredientes de la receta clásica de la casa.
- La próxima vez que vayan al supermercado, platique con su familia las cosas que los supermercados tienen para limitar los cambios físicos y químicos en los alimentos. ¿Cómo puede verse afectada la seguridad de los alimentos por procesos químicos o físicos? ¿Cómo mantienen las tiendas de alimentos nuestra comida segura?

Exploration 1: Taste Test/Recipe Review

My Recipe Review

Recipe name:

Flavor rating:

Color stars to show rank. Rank with 1 star as lowest to 5 stars as highest rating.



Difficulty:

Color stars to show rank. Rank with 1 star easiest to 5 stars most difficult to cook.



What I liked:

What I didn't like:

What I would do differently next time:

What it looked like:

Draw and label the finished dish. What did it look like when it was ready to eat?

Exploration 2: Taste the Rainbow

Eating a rainbow means eating several different healthy foods throughout your day from all different parts of the rainbow.

- Create a healthy snack for yourself that includes at least three different colors of the rainbow using the chart on the right to give you ideas of different healthy foods.
- Try to find a food from every color and eat the entire rainbow!
- Notice that these foods are farm to table foods. (A sample snack might be a piece of watermelon, a couple carrots, a yellow pepper, a few blueberries and some blackberries.)



In your journal draw and list the foods you ate and write about which ones you liked the best and why. If you couldn't find a food from every color, draw and label the food from each color you would want to eat.

Skittles – Watch the Rainbow



1. Place Skittles (or any color shelled candy) in a bowl in any pattern you want.
2. Slowly pour water in the middle of the bowl until it just touches the candy.
3. Watch the rainbow grow!!!

Try different candies if you have them and see which ones work the best. You can also experiment by trying different liquids such as vinegar or oil.

Exploration 3: Budgeting

Plan a weekly grocery list using the grocery store advertisements you get in the mail.

- Have your parents give you a dollar amount to spend on groceries.
- Go through the ad and decide on all the yummy stuff you would like to eat for the week.
- In your journal, cut the food items out and make a menu collage.
- Add up the price of foods so you don't go over your budget.



Northern Aire Lanes – Menu

All Items available for Take-Out
Call 218-736-3333

Burgers

Hamburger	\$ 4.15
Cheeseburger	4.50
Can. Bacon Cheeseburger	4.95
Bacon Cheeseburger	5.40
Mush. Swiss Burger	4.95
California Burger	5.50
1/3 Pound Burger	5.50
1/2 Pound Burger	7.10
Patty Melt	6.80

*It's Been Said We Have The
"Best Burgers In Town"*

More Sandwiches

Philly Chicken	6.75
Philly Beef	7.25
Chicken Strip Sandwich	5.25
Fish Sandwich	7.25
Grilled Ham & Cheese	5.10
Grilled Cheese	2.80

Cold Sandwiches

Chicken Salad Sandwich	\$4.35
BLT sandwich	4.50

Add French Fries With Any Item

Regular	2.25
Large	2.95

More Tasty Items

Nacho Chips & Cheese	3.10
Wing Dings	8.50
Chicken Nuggets	4.95
Corn Dog	3.30
Onion Rings	4.35
Cheese Curds	5.50
Pretzel Bites	6.25
Garlic Bread Stix	4.25
Mini Donuts	4.75
Ham & Cheese balls	6.25
Fried Pickles	4.95
Sweet Potato Waffle Fries	4.25
Side Salad	2.25
Deluxe Salad	7.50
Chicken Strip Dinner	7.25
Hamburger Steak Dinner	10.50

Soups and Homemade Chili

Mon. thru Fri.

Try Our Hand Scooped

Malts, Shakes & Root Beer Floats!
Malts & Shakes \$4.15- Floats \$3.10

Homemade Pizza

Many Toppings to Choose From

14" Single Topping	starting at \$11.95
9" Single Topping	starting at 6.95

We Serve



and Many Other Refreshments Including Beer!

Using this fast food menu, or another one you find on your own, plan out the cost of a meal for you and your family.

- Choose all of the menu items you would order for a family dinner.
- In your journal, write down all of the items and their cost, and add it all up.
- Write what you notice about the cost difference between cooking dinner at home and eating dinner at a restaurant.
- Why do you think there are cost differences?

Exploration 4: Chemical Changes

Ice Cream in a Bag

Aged 4+ with Adult Supervision at ALL times

Materials You Need:

- 2 sandwich-sized baggies
- 2 gallon-sized baggies
- ½ cup Half & half (or milk)
- 1 tablespoon sugar
- ½ teaspoon vanilla extract
- Crushed ice
- Rock Salt
- Winter Gloves



Directions:

1. Fill one of the gallon sized baggies half-full of ice.
2. Add 6 tablespoons of rock salt to the bag. Put your winter gloves on and shake the ice/salt mixture for about 5 minutes.
3. Mix the half & half, sugar, and vanilla extract together in one of your sandwich sized baggies. Get as much air out of the bag as possible and seal. Put that bag into another sandwich-sized baggie to double-bag it.
4. Place those bags into the gallon-sized baggie with the ice and rock salt and squeeze as much air out as possible before sealing. Then put those bags into another gallon-sized bag.
5. Put your winter gloves back on and start shaking, tossing, and rolling the bag for approximately 15-20 minutes.
6. Remove the bags and rinse the half & half bag with cold water to remove any salt from the bag prior to opening. Open the bag and enjoy your ice cream!

The Science Behind It:

The salt causes the ice to melt but it also lowers the temperature at which it melts (which is why we use it on the roads in the winter). Instead of melting at 32 degrees Fahrenheit (0 degrees Celsius), the rock salt causes the ice to melt at a temperature much lower, depending on how much salt you add. The more rock salt you use, the lower the temperature the ice will melt at. This creates an environment that the ice cream mixture can freeze below the normal 32 degrees.

Cookie Chemistry

Become a Cookie Chemist and perfect your signature cookie style! Below is the recipe for Tollhouse chocolate chip cookies. Using the suggestions below create one or more chemical reactions to produce your favorite version.

INGREDIENTS

- 2 1/4 cups all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1 cup (2 sticks) butter, softened
- 3/4 cup granulated sugar
- 3/4 cup packed brown sugar
- 1 teaspoon vanilla extract
- 2 large eggs
- 2 cups (12-ounce package) **NESTLÉ® TOLL HOUSE® Semi-Sweet Chocolate Morsels**
- 1 cup chopped nuts



INSTRUCTIONS

PREHEAT oven to 375° F.

COMBINE flour, baking soda and salt in small bowl. Beat butter, granulated sugar, brown sugar and vanilla extract in large mixer bowl until creamy. Add eggs, one at a time, beating well after each addition. Gradually beat in flour mixture. Stir in morsels and nuts. Drop by rounded tablespoon onto ungreased baking sheets.

BAKE for 9 to 11 minutes or until golden brown. Cool on baking sheets for 2 minutes; remove to wire racks to cool completely.

PAN COOKIE VARIATION: Preheat oven to 350° F. Grease 15 x 10-inch jelly-roll pan. Prepare dough as above. Spread into prepared pan. Bake for 20 to 25 minutes or until golden brown. Cool in pan on wire rack. Makes 4 dozen bars.

VIEW:

[Text](#) [Video](#)

Suggestions:

Ooey-gooney: Add 2 cups more flour.

A nice tan: Set the oven higher than 350 degrees (maybe 360). Carmelization, which gives cookies their nice brown tops, occurs above 356 degrees, says a Ted video.

Crispy with a soft center: Use 1/4 teaspoon baking powder and 1/4 teaspoon baking soda.

Chewy: Substitute bread flour for all-purpose flour.

Just like store-bought: Trade the butter for shortening. Arias notes that this ups the texture but reduces some flavor; her suggestion is to use half butter and half shortening.

Thick (and less crispy): Freeze the batter for 30 to 60 minutes before baking. This solidifies the butter, which will spread less while baking.

Cakey: Use more baking soda because, according to Nyberg, it “releases carbon dioxide when heated, which makes cookies puff up.”

Butterscotch flavored: Use 3/4 cup packed light brown sugar (instead of the same amount of combined granulated sugar and light brown sugar).

Uniformity: If looks count, add one ounce corn syrup and one ounce granulated sugar.

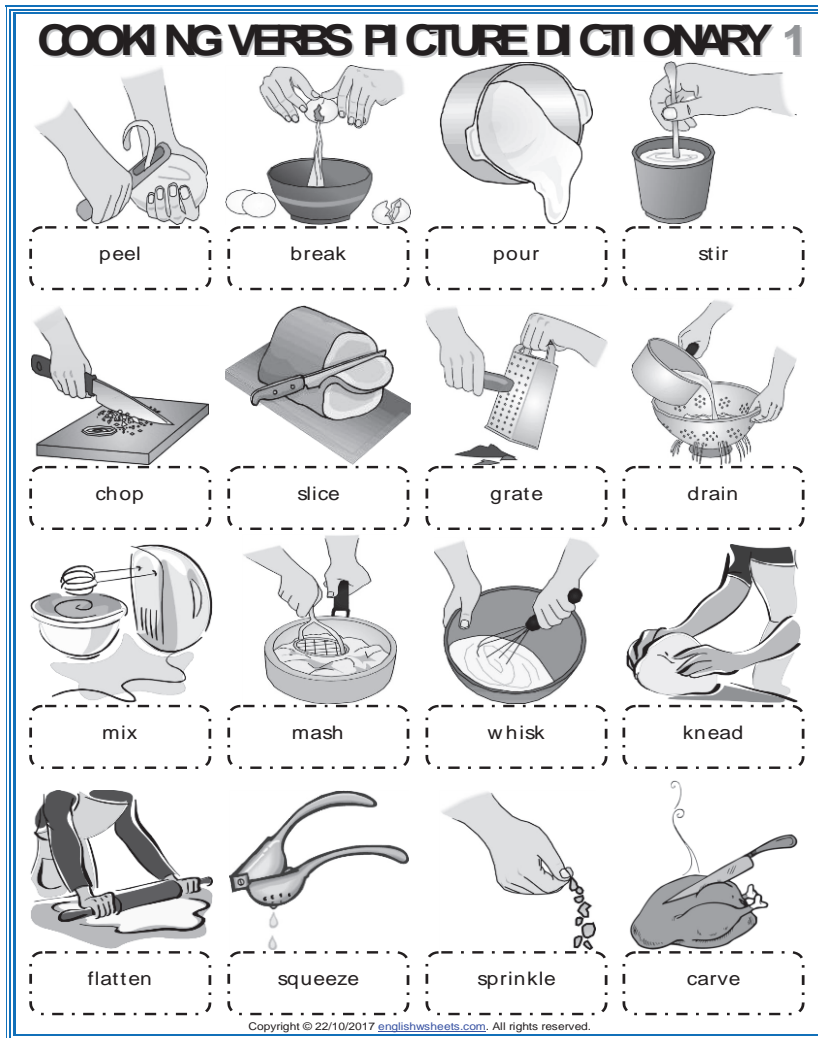
More. Just, more: Chilling the dough for at least 24 hours before baking deepens all the flavors, Arias found.

Exploration 5: Family Recipe

Interview a family member about a family favorite recipe. Record their answers in your journal.

Here are a few family interview questions to get your creative juices flowing:

1. What is your favorite family recipe and why?
2. Is it part of a holiday tradition?
3. Whose recipe is it?
4. Did you make it with this person?
5. What did it smell like?
6. What does it taste like?
7. How long has it been in your family?
8. What's the best part about the recipe? Making it? Eating it? Both? Why?
9. When is the last time you ate it?
10. Did the person hand-write the recipe? Where is the recipe now?



Virtual Field Trips



A Visit at the Sweeter Days Bake Shop: A field trip to a South Florida bakery to learn all about making cupcakes. They guess flavors, read recipes, measure ingredients, and decorate cupcakes: <https://www.youtube.com/watch?v=1bgTjkAbx8U>

Join Dairy Farmer Nate Chittenden at Dutch Hollow Farm in Schodack Landing, New York for a live Virtual Farm Tour through American Dairy Association North East: [tour from Dutch Hollow Farm](#).



Fourth through sixth grade students throughout the Northeast connected from the comfort of their classrooms with Farmer Hannah for a LIVE virtual tour of Will-O-Crest Dairy in Clifton Springs, New York, hosted through American Dairy Association North East: [tour from Will-O-Crest Farm](#).