

# Culinary Camp



**Learning objectives:** Spend time together in the kitchen working on measurement, reading, writing, and experimenting.

**Final Project:** Create your own personal cookbook. See Exploration 5.

## Exploration 1 – Taste Test and Recipe Review

**Reading** – Pick a text to read independently or with a family member for at least 20 minutes per day. Recommended reading: “Experiments”

**Math** – Record the Blind Taste Test results in your journal. You could make a tally chart or graph.

**Journal/Observation Writing** – Choose a food that you eat often (e.g. apple). Eat it slowly and pay careful attention to every detail. Write about the food, answering these prompts: What does it look like up close? How does it smell? How does it sound? How does it taste?

**Activities** –

- Blind Taste Test:** Do you think what food looks like is part of its flavor? Can you taste the difference in something if you can't see what you are eating? With a partner or small group, take turns comparing the difference between 2 very similar foods (e.g. red and green grapes; green and red bell peppers; types of cheese). Use a blindfold or ask them to close their eyes. Ask them to hold up which one they think is which. How many tasters guessed correctly?
- Follow a recipe and write your opinion about the recipe using the “My Recipe Review” sheet on. or you could complete “My Recipe Review” on a recipe that someone cooked for you this week.

## Exploration 2 – Eating the Rainbow

**Reading** – Pick a text to read independently or with a family member for at least 20 minutes per day. Recommended reading(s): “From Farm to Table” or “From Fruit to Jam”

**Math** – Read the journal prompt below. Create a math story about the miles your food item traveled. Challenge someone to solve it.

**Journal/Observation Writing** – Choose a food item from your pantry, cabinet or refrigerator. Think about where it came from or how it was made. Write or draw about its journey to your home (e.g. orange: blossom to fruit from tree to truck to grocery store).

**Activities** –

Balanced Eating, Eating the Rainbow

### **Exploration 3 – Budgeting**

Reading – Pick a text to read independently or with a family member for at least 20 minutes per day. Recommended reading(s): “The Cost of Dinner” or “Let it Grow: The Booming Business of Farmer’s Markets”

Math – Compare the cost of cooking meals at home with the cost of eating at a restaurant.

Journal/Observation Writing – Write down (or cut and paste pictures) all of the items, their cost, and add it all up. What do 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?

Activities – Plan your weekly grocery list.

### **Exploration 4 – Chemical Changes**

Reading – Pick a text to read independently or with a family member for at least 20 minutes per day. Recommended reading(s): “Maggie Makes Macaroni” or “Food in Kenya”

Math – Measure the ingredients in a recipe of your choice.

Journal/Observation Writing – Before and After: Many physical and chemical changes happen when food is prepared. Write about a food you made. Fold your paper in half. On the left, draw a picture of your food before you cooked it. On the right, draw a picture of your food after you cooked it. What do you notice? Was there a change in shape or size? Was a new substance formed? Was there a change in the state of matter (solid, liquid, gas)?

Activities –

- Use the recipe to make homemade ice cream in a bag.
- Create a new family recipe by changing the ingredients of the classic Tollhouse recipe.
- Next time you are at the supermarket, discuss with your family the things supermarkets have in place to limit the physical and chemical changes in food. How can the safety of food be affected by chemical or physical processes? How do food stores keep our food safe?

## **Exploration 5 – Family Recipe**

Reading – Pick a text to read independently or with a family member for at least 20 minutes per day. Recommended reading(s): “These Supper Clubs Are Using Foods to Cross Cultural Divides” or “These Middle Schoolers Explore the World on a Plate”

Math – If you were going to double your recipe, how would your measurements change? What if you halved it?

Journal/Observation Writing – Write a recipe of a dish you love. List the ingredients in order of use. Be sure to include the amount of each ingredient. Write the directions step-by-step, numbering each step. Use special cooking action words (verbs) to make your directions clear.

### Activities –

- Research a favorite recipe that someone in your life has made for you by asking them questions. See suggested interview questions. If they don't live with you, call them on the phone or set up a video chat.
- Final Project: Create your own personal cookbook! Some ideas to get you started:
  - Recipe Cards: Design your own recipe cards to start your own cookbook. Then, fill in the cards with your favorite recipes.
  - Collage: Gather your favorite recipes. Glue recipes that you've printed or found in magazines and newspapers on to a piece of paper or in your journal. Add your own illustrations or photos.
  - Idea: Sort the recipes by type/category (desserts, dinners, salads, etc.). Put them in a box or binder. Choose a title (e.g. My Secret Recipes) and decorate the box or binder cover.

# 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:

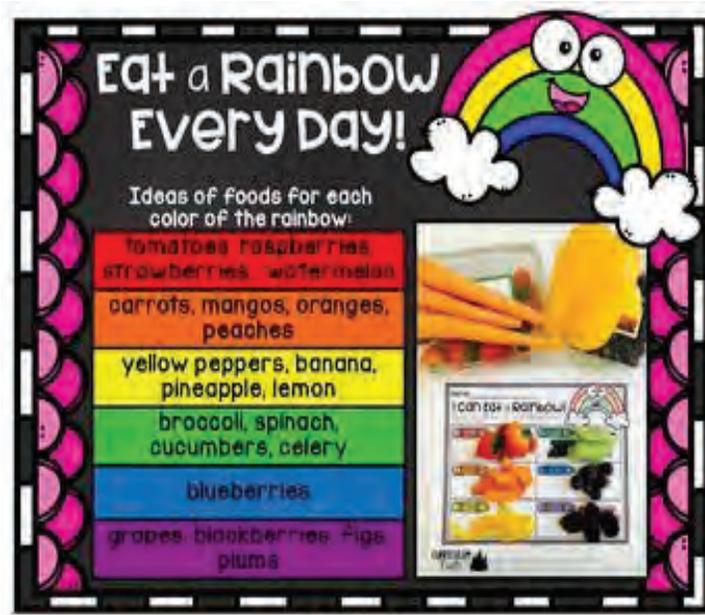
What it looked like:

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.

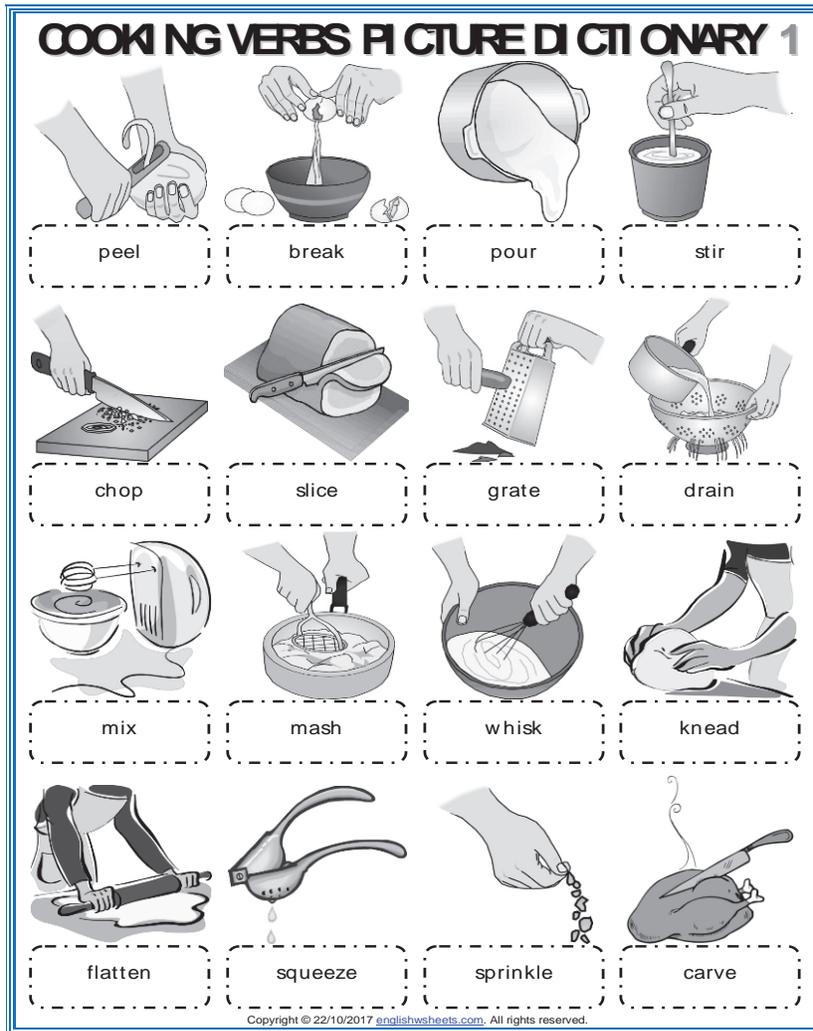
**More. Just, more:** Chilling the dough for at least 24 hours before baking deepens all the flavors, Arias found.

## *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](#).