

# Kids 'R' Kids Mini Camp



**Culinary Club**



# Culinary Club

## Introduction



**Culinary Club** is a fun-filled practical approach to learning about the wonderful world of culinary arts! Campers will learn about different types of meals including breakfasts, lunches, dinners, appetizers, and desserts.

Each week campers will learn about the different courses of the meals and prepare a delicious example. At the close of the unit, campers will plan to serve a formal dinner, set-up a food stand, or provide take-out lunches for the target market

of their choice. Campers will walk away enlightened with culinary and entrepreneurial skills all while having creative fun! Feel free to collaborate with groups such as: Gardening Club, Etiquette Club, and Trash to Treasures to host a formal dinner in which each group could possibly serve a role.

Activities are broken down by age group and week. Each week club members will have a total of two small activities and one big activity. In most cases, the big activity is a food product in which the children are responsible for. Materials for most weekly activities include chart paper, writing utensils, and individual paper. These are all materials that can be found in your GYM areas. For food projects, the ingredient/supply list will depend on what you and/or your campers decide for the weekly projects for each category. Weekly categories can be found below. Feel free to customize this project to your school/program. This is merely a suggested outline of how Culinary Club is to be conducted. Enjoy this tasty unit, and most of all, have fun!

Week Number	Topic/Big Idea
1	Big Bang!
2	Breakfast Treats!
3	Appetizers Galore!
4	Lunch and Dinner, Yum!
5	Snacks and Desserts, Sign Me Up!
6	Bake shop or breakfast bar (JR) Culmination/Formal Dinner/Restaurant/Do lunch for staff members (SR) The Grand Finale!

## Week 1: Menu planning, restaurant idea/vision/planning (Big Bang!)

<u>Age Group</u>	<u>Meeting 1</u>	<u>Meeting 2</u>	<u>Big Project/Weekly Goal</u>
<b>Juniors</b>	Brainstorm idea about a food business in which campers can sell to teachers (baked goods, breakfast foods, snack bar, or lunch)	Discuss and design logo with name - develop 3 or 4 and vote on the final	<ul style="list-style-type: none"> <li>Ideas about what they want to serve</li> <li>Restaurant name/logo</li> </ul>
<b>Seniors</b>	<ul style="list-style-type: none"> <li>Brainstorm ideas about a restaurant, discuss the importance of the chef</li> <li>Brainstorm favorite places to eat and what you like about that place</li> <li>Develop a restaurant as a group and plan around the idea</li> </ul>	Discuss and design logo with name - develop 3 or 4 and vote on the final	<ul style="list-style-type: none"> <li>Ideas about what they want to serve</li> <li>Restaurant name/logo</li> </ul>





## Week 2: Menu development, nutrition, and breakfast (Breakfast Treats!)

<u>Age Group</u>	<u>Meeting 1</u>	<u>Meeting 2</u>	<u>Big Project/Weekly Goal</u>
<b>Juniors</b>	Develop a menu for the food business	<ul style="list-style-type: none"> <li>• Discuss nutrition in foods - have some popular foods available and show their nutritional value</li> <li>• Discuss the importance of breakfast</li> <li>• Plan sample breakfast menus for home</li> <li>• Discuss favorite breakfast meals from home and school</li> </ul>	<p>Make a breakfast meal as a group. Some easy examples include:</p> <ul style="list-style-type: none"> <li>-Breakfast Parfaits</li> <li>-Breakfast Fruit Smoothies</li> <li>-Pancakes</li> <li>-Waffles</li> <li>-Toast</li> </ul>
<b>Seniors</b>	Develop a menu for the restaurant	<ul style="list-style-type: none"> <li>• Discuss healthy and unhealthy foods - have popular food pictures available and show their nutritional value</li> <li>• Discuss favorite breakfasts</li> <li>• Plan breakfast menus for home</li> </ul>	<p>Make a breakfast meal as a group. Some easy examples include:</p> <ul style="list-style-type: none"> <li>-Breakfast Parfaits</li> <li>-Breakfast Fruit Smoothies</li> <li>-Pancakes</li> <li>-Waffles</li> <li>-Toast</li> </ul>



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## Week 3: Appetizers (Appetizers, galore!)

<u>Age Group</u>	<u>Meeting 1</u>	<u>Meeting 2</u>	<u>Big Project/Weekly Goal</u>
<b>Juniors</b>	Discuss/define appetizers and their purpose	<ul style="list-style-type: none"> <li>• Develop different appetizers based on creativity</li> </ul>	Make appetizers as a group. Some easy examples include: -Bagel Pizza's -Fruit and Cheese Wraps -Cucumber Slices with ranch -Caramel potato chips
<b>Seniors</b>	Discuss/define appetizers and their purpose	<ul style="list-style-type: none"> <li>• Develop different appetizers based on creativity</li> </ul>	Make appetizers as a group. Some easy examples include: -Bagel Pizza's -Fruit and Cheese Wraps -Cucumber Slices with ranch -Caramel potato chips



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## Week 4: *Lunch and Dinner (Lunch and Dinner, Yum!)*

<u>Age Group</u>	<u>Meeting 1</u>	<u>Meeting 2</u>	<u>Big Project/Weekly Goal</u>
<b>Juniors</b>	Discuss/define lunch and dinner and their purposes.	<ul style="list-style-type: none"> <li>• Discuss favorite lunches and dinners</li> <li>Develop a lunch menu that can be prepared at school</li> </ul>	Have children prepare lunch that they can enjoy. Work in conjunction with Café staff to ensure menu components are met.
<b>Seniors</b>	Discuss/define lunch and dinners and their purposes.	<ul style="list-style-type: none"> <li>• Develop a lunch or dinner that includes healthy components</li> <li>Arrange lunch menu that children can prepare</li> </ul>	Have children prepare lunch that they can enjoy. Work in conjunction with Cafe staff to ensure menu components are met.



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## Week 5: *Snacks and Desserts (Snacks and Desserts, sign me up!)*

<u>Age Group</u>	<u>Meeting 1</u>	<u>Meeting 2</u>	<u>Big Project/Weekly Goal</u>
<b>Juniors</b>	Discuss favorite snacks and desserts	Discuss snack and dessert ideas •	Allow children to prepare either a snack or dessert of the group's choice.
<b>Seniors</b>	Discuss favorite snacks and desserts	• Discuss snack and dessert ideas	Allow children to prepare either a snack or dessert of the group's choice.



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## Week 6: *The Grand Finale*

<u>Age Group</u>	<u>Meeting 1</u>	<u>Meeting 2</u>	<u>Big Project/Weekly Goal</u>
<b>Juniors</b>	<ul style="list-style-type: none"> <li>Plan for small business of groups choice</li> <li>Assign jobs</li> <li>Develop menu and prices</li> </ul>	Advertise and continue preparing for upcoming business launch.	Operate small business for staff/parents at the school. Ideas include bake sale, lemonade stand (with various flavors), fruit smoothie stand, or do soup and salad for staff during their lunches. Let children complete most of the work with adult help and supervision.
<b>Seniors</b>	Plan for small dinner or lunch for staff	<ul style="list-style-type: none"> <li>Prepare for upcoming event by advertising and sending out invitations.</li> <li>Plan for number of guests you'll have - how many plates will you need, how much food will you need, etc.</li> <li>Try to include different courses of the meals discussed during the 6 weeks.</li> </ul>	Complete/serve a formal dinner for parents or do a lunch for staff members of the school. Keep it simple but allow children to do most of the work with adult help and supervision. Partner with those in various clubs including Herb Garden and Etiquette Club.

