



COOK LIKE A CELEBRITY CHEF!

July 28 – August 1, 2014

Monday:

AM Snack	Alton Brown's Empanadas
Lunch	Rachel Ray's Pizzas, Green Beans
PM Snack	Paula Deen's Molten Lava Cakes

Tuesday:

AM Snack	Bobby Flay's Baked Veggie Spring Rolls
Lunch	Giada's Stuffed Manicotti and Garlic Toast, Peas
PM Snack	The Ultimate S'Mores Throwdown

Wednesday:

AM Snack	Bobby Deen's Healthy Whole Wheat Pineapple Upside Down Muffins
Lunch	IRON CHEF CHALLENGE with Secret Ingredient!
PM Snack	Neely's Thumbprint Cookies

Thursday:

AM Snack	Sandra Lee's Omelets in Bags
Lunch	Paul Deen's French Toast Casserole with Japanese Fruit Skewers
PM Snack	Barefoot Contessa's Presidential Cherry Cake

Friday:

AM Snack	Cat Cora's Baked Snowflakes
Lunch	Emeril's Veggie Quesadillas
PM Snack	Duff's ACE OF CAKES CHALLENGE

Monday:

AM Snack	Alton Brown's Empanadas
Lunch	Rachel Ray's Pizzas, Green Beans
PM Snack	Paula Deen's Molten Lava Cakes

9 am – 9:30 am

Intros & Wash Hands –

- Name
- School
- Ice Breaker
- Review Rules
- Divide into two groups

9:35 – 10:15

Morning Snack: Empanadas- Let's give the recipe to the older group and let them work through it together independently.

10:15 – 10:30

Food Science Experiment: Which brand of popcorn pops more? Make a prediction and then pop two bags to see.

10:30 – 10:45

Eat snack & Clean Up

10:45 – 11:30

Prepare lunch : Pizzas (Let older group work more independently)

11:30 – 12:00

Clean Up, Lunch

12:00 – 12:30

ACE of CAKES EPISODE

12:30 – 1:00

Planning Olympic Cupcakes Display – 2 groups

- Can use any cake mix
- Can use white icing and any food coloring
- Use sprinkles, skittles, etc. for toppings

1:00 – 1:30

Design a Kids Menu for a restaurant – complete with games, menu items, prices

1:30 – 1:45

FOOD SCIENCE: Using senses to determine food taste: Blind Taste Test : Use bananas, grapes, apple, marshmallow, etc. Have child close their eyes and hand them a spoon with a food on it. Have them guess what it is.

1:45 – 2:15

Prepare afternoon snack – Lava Cakes

2:15 – 2:30

Food Science: Blind Smell Test (while Lava cakes are baking)

2:30 – 2:45

Eat snack and clean up

2:45 – 3:15

Food Art: Cinnamon Applesauce Doh

- 3:15 – 3:30 **Food Science:** Egg Marbleizing
- 3:30 – 4:00 **Word Searches, Clean Up, & Talk About Next Day**

Tuesday

Tuesday:
 AM Snack Bobby Flay's Baked Veggie Spring Rolls
 Lunch Giada's Stuffed Manicotti and Garlic Toast, Peas
 PM Snack The Ultimate S'Mores Throwdown

- 9:00 – 9:15 **Arrivals**
- 9:15 – 9:30 **Morning Snack:** Bobby Flay Veggie Spring Rolls
- 9:30 – 9:45 **Spoon Egg relay races**
- 9:45 – 10:00 **Eat snack**
- 10:15 – 10:45 **Prepping Giada's Stuffed Manicotti & Garlic Toast**
- 10:45 **Baking stuffed manicotti and garlic bread**
- 10:45 – 11:45 **Work on cooking show** – two groups –
- Show needs a name
 - Show needs a theme/food focus
 - Have kids write out their scripts – their recipe must be 5 ingredients or less and vegetarian (no meat)
 - Design a title page for the show on paper
- 11:45 – 12:15 **Eat lunch**
- 12:15 – 12:45 **Clean Up/Free Time**
- 12:45 – 1:015 **Spoon Puppets** – have older kids help the younger kids
- 1:15– 1:45 **Crafts** – Punched Paper

Papel picado (punched paper) is a Mexican popular art form with roots in the country's ancient cultures. The Aztecs used the bark of wild mulberry and fig trees to make a rough paper called amatl . Amatl was used to make flags and banners to decorate temples, streets and homes.



Today, professional craftsmen use awls, chisels and blades to make intricate designs depicting flowers, birds, angels, crosses, skeletons, historic figures and even words.

The design the pattern on a piece of paper and then cut through it and as many as 50 sheets of tissue paper with their special tools. In it's simplest form, papel picado is done as papel cortado (cut paper) and is made a lot like a paper snowflake. Toddlers and up will be proud to display their unique artwork!

Materials:

- tissue paper (I cut store bought sheets into 4 pieces -- each about 8x10 inches)
- scissors
- string & tape

1:45 – 2:00

Afternoon Snack Prep: S'Mores Throwdown

1:45 – 2:00

Food Experiment: Sugar vs. non sugar drinks... Fill up a big tub of water. Ask them to make a predication of what will happen. Drop in one can of coke and one can of diet coke.

Properties of Coke: Using the sink, scrub one of our cookie sheets with a can of coke... Coke has powerful cleaning properties and cleans rust off of many items.

2:00 – 2:15

Berry Pops – cut up pineapple and add to Koolaid and freeze

2:15– 2:45

Recipe Makeovers for older kids. Younger kids should look through magazines and identify at least 10 foods that are fruits and veggies and draw them out on a piece of paper.

2:45 – 3:15

Finish working on scripts for their cooking show.

- Have them make a list of tools needed
- Have them make a list of the ingredients needed
- Have them finish their scripts and rehearse lines.

3:15 – 3:45

Etiquette- Good Manners for Kids Handout

3:45 – 4:00

Clean Up

Wednesday

Wednesday:

AM Snack

Bobby Deen's Healthy Whole Wheat Pineapple Upside Down Muffins

Lunch

IRON CHEF CHALLENGE with Secret Ingredient!

PM Snack

Neely's Thumbprint Cookies

9:00 – 9:15

Arrivals

9:15 – 9:45

Morning Snack: Pineapple Upside Down Muffins

9:45 – 10:00	While they are baking, we will have a limbo contest.
10:00 – 10:15	Eat snack
10:15 – 11:15	Iron Chef Challenge – Secret ingredient is noodles
11:15 – 11:30	Eat lunch, Clean Up
11:30 – 12:30	Crafts: Fuse Beads -
12:30 – 1:00	Dear Time
1:00 – 1:30	Diners, Drive Ins and Dives Episode
1:30 – 2:00	Thumbprint Cookies with jelly for center
2:00 – 2:30	Java Doh & Eat Snack
2:30 – 3:00	Prep French Toast Casserole for Lunch on Wednesday - put in fridge. They will make the topping on Thursday – BE SURE TO CUT THE BREAD INTO CUBES!!
3:00 – 3:30	Younger Kids: Fitness Circle - have kids each design and follow along with an exercise
	Older Kids: Rehearse their show
3:30 – 3:45	Clean Up, Gather Items to Take Home

Thursday

Thursday:

AM Snack
Lunch
PM Snack

Sandra Lee's Omelets in Bags
Paul Deen's French Toast Casserole with Japanese Fruit Skewers
Barefoot Contessa's Presidential Cherry Cake

9- 9:30	Morning Snack: Omelets in Bags
9:30 – 10:00	What's It Like To Be a Food Network Star Handout & Eat Snack
10:00 – 10:15	Food Science

SODA EGGS: Pour coke over two eggs. Let sit for 30 minutes. What happens to the egg? Brush eggs with toothpaste and discuss coke effects on teeth and the importance of fluoride.

CELERY ROOTS: *The celery experiment is a good lesson in how plants get water into the very tips of their leaves.*

Put 8-10 drops of red food coloring in water in a jar. Cut the end off the bottom of a celery stalk, leaving the leaves at the top, and place the celery in the jar of red water. In about 12 hours, you'll be able to see the red water has been absorbed into the veins of the stalk and the leaves.

COLOR WHEEL: Color Wheel in a Bowl *Watch how some materials mix together and some don't.*

Pour 1 cup milk into a bowl. Add three drops of red food coloring at the edge of the bowl at the "12 o'clock" position; add 3 drops of blue food coloring 1/3 of the way away at the "4 o'clock" position; and add 3 drops of yellow food coloring 1/3 of the way away at the "8 o'clock" position. Be careful not to move the bowl. Squeeze a drop of dish soap (such as Joy or Dawn) into the center of the bowl. Watch as the soap, which won't mix with the milk, floats on top of the bowl and spreads across the surface. As it moves it grabs the food coloring. Where the colors meet they form new colors.

10:00 – 10:15

FOODS OF THE ITALIANS

Although Italians are known throughout the world for pizza, pasta, and tomato sauce, the national diet of Italy has traditionally differed greatly by region. Prior to the blending of cooking practices among different regions, it was possible to distinguish Italian cooking simply by the type of cooking fat used: butter was used in the north, pork fat in the center of the country, and olive oil in the south. Staple dishes in the north were rice and polenta, and pasta was most popular throughout the south. During the last decades of the twentieth century (1980s and 1990s), however, pasta and pizza (another traditional southern food) became popular in the north of Italy. Pasta is more likely to be served with a white cheese sauce in the north and a tomato-based sauce in the south.

Italians are known for their use of herbs in cooking, especially oregano, basil, thyme, parsley, rosemary, and sage. Cheese also plays an important role in Italian cuisine. There are more than 400 types of cheese made in Italy, with Parmesan, mozzarella, and asiago among the best known worldwide. *Prosciutto* ham, the most popular ingredient of the Italian *antipasto* (first course) was first made in Parma, a city that also gave its name to Parmesan cheese.

Food Vocabulary (write the word on the board and see if they can pronounce)

almond	<i>la mandorla</i>
apple	<i>la mela</i>
apricot	<i>l'albicocca</i>
artichoke	<i>il carciofo</i>
asparagus	<i>l'asparago</i>
bell pepper	<i>il peperone</i>
cabbage	<i>il cavolo</i>
carrot	<i>la carota</i>
cauliflower	<i>il cavolfiore</i>
cherries	<i>le ciliegie</i>
chickpeas	<i>i ceci</i>

cucumber
eggplant
fennel
fig
garlic
leek
lemon
melon
peach
raspberry
spinach
strawberry
tomato
watermelon

il cetriolo
la melanzana
il finocchio
il fico
l'aglio
il porro
il limone
il melone
la pesca
il lampone
gli spinaci
la fragola
il pomodoro
l'anguria

10:15 – 10:45	Prep topping for French toast casserole and put in the oven to bake.
10:45 – 11:15	Make fruit skewers for lunch
11:15 – 11:30	Clean Up
11:30 – 12:00	Eat Lunch
12:00 – 12:30	Bake Cupcakes for Friday's Cake Challenge
12:30 – 1:00	Dear Time
1:00 – 1:30	Design a Restaurant
1:30 – 1:45	Prep cherry cake and bake
1:45 – 2:00	Oatmeal Dough
2:00 – 2:30	Pudding Paint
2:30 – 2:45	Eat snack
2:45 – 3:00	Invisible Ink with Lemon Juice
3:00 – 3:15	Finalize Cake Plans for Friday – Review Plan, Be sure they have materials and ingredients that they need for cakes.
3:15 – 3:30	Rehearse cooking show for sharing on Friday with group
3:30 – 4:00	Sign Take Home Books/Clean Up

Friday

AM Snack Cat Cora's Baked Snowflakes
Lunch Emeril's Veggie Quesadillas
PM Snack Duff's ACE OF CAKES CHALLENGE

9 – 9:30 **Baked Snowflakes**

9:30 – 9:45 **Ojo De Dios Designs (Yarn Designs)**

9:45 – 10:00 **Rainbow of Colors** – have them design their menu to help their family eat healthy for the next week.

9:45 – 10:00 **Eat Snack**

10:00 – 10:30 **Painting Friendship stones**

10:30 – 11:30 **Prep work for lunch** – Quesadillas & Veggies – Slice and dice veggies, sauté

11:30 – 12:00 **Eat lunch**

12:00 – 12:30 **Movie** – Have the kids choose a 30 minute movie to watch

12:30 – 1:00 **Free Time**

1:00 – 2:00 **Decorate cupcakes**

2:00 – 4:00 **Let kids share their Cooking Show Segments for each other**



Cook Like A Celebrity Chef

Alton Brown's Empanadas

Ingredients:

- 1 pie crust
- 1 cup cheese
- Any fillings desired such as onion, bacon, chicken, veggies

Directions:

1. Preheat oven to 350.
2. Cut out pie crusts with cookie cutters.
3. Fill with fillings.
4. Crimp edges.
5. Bake for 15 minutes

Rachel Ray's Pizzas

- 2-1/4 cups all-purpose flour
- 1 envelope Fleischmann's Pizza Crust Yeast
- 1-1/2 teaspoons sugar
- 3/4 teaspoon salt
- 2/3 cup very warm water (120 to 130°F)*
- 3 tablespoons oil
- 1/2 to 1 cup pizza sauce
- Other toppings as desired
- Mozzarella cheese

Preheat oven to 425°F. Combine 1 cup flour, undissolved yeast, sugar and salt in a large bowl. Add very warm water and oil; mix until well blended, about 1 minute. Gradually add enough remaining flour to make a soft dough. Dough should form a ball and will be slightly sticky. Knead on a floured surface, adding additional flour if necessary, until smooth and elastic, about 4 minutes.



Paula Deen's Molten Lava Cakes

Ingredients

6 (1-ounce) squares bittersweet chocolate
2 (1-ounce) squares semisweet chocolate
10 tablespoons (1 1/4 stick) butter
1/2 cup all-purpose flour
1 1/2 cups confectioners' sugar
3 large eggs
3 egg yolks
1 teaspoon vanilla extract

Directions

Preheat oven to 425 degrees F.

Grease 6 (6-ounce) custard cups. Melt the chocolates and butter in the microwave, or in a double boiler. Add the flour and sugar to chocolate mixture. Stir in the eggs and yolks until smooth. Stir in the vanilla. Divide the batter evenly among the custard cups. Place in the oven and bake for 7 minutes. The edges should be firm but the center will be runny. Run a knife around the edges to loosen and invert onto dessert plates.

Bobby Flay's Veggie Spring Rolls

- 2 tablespoon canola oil
- 1/2 head green cabbage, shredded
- 1 cup julienne carrots
- 1 tablespoon corn starch
- 1/4 cup soy sauce
- 8 egg roll wrappers
- Vegetable oil for frying
- 1/4 cup dry mustard
- 1/4 cup water

NOTE: THIS WILL COOK IN ABOUT 2 minutes after placing in hot oil!

In a skillet over medium-high heat, heat the canola oil. Sauté cabbage for 2 minutes. Add carrots and cook an additional 1 minute. Whisk together cornstarch and soy sauce until smooth. Stir into vegetable mixture. Cook until sauce comes to a boil and is slightly thickened, about 2 minutes. Remove from heat and cool.

Lay the egg roll skins on a flat surface and lightly brush edges with water. Place 1/8 of the filling at one end of each skin, leaving a 1/4-inch border at the top and sides. Roll wrapper over filling, tucking in the ends after the first roll. Heat oil in a large, deep saucepan. When the oil is hot, fry the egg rolls until golden brown, about 2 minutes. Remove from the fryer and drain on paper towels.



Giada's Stuffed Maincotti

Ingredients:

- 2 cups shredded mozzarella cheese
- 1/2 cup parmesan cheese
- 1 egg
- Sprinkle of parsley
- 1 teaspoons dried oregano
- 1/4 teaspoon salt
- 1 (10 ounce) packages frozen spinach, thawed and dried (optional)
- 8 ounces ricotta cheese
- Ricotta cheese
- Large can of spaghetti sauce

Directions:

Cook pasta. Preheat the oven to 350 degrees. Combine mozzarella cheese, Parmesan, and the next eight ingredients in a large bowl. Pipe cheese mixture evenly into cooked shells. Arrange the manicotti shells in a 13x9 inch baking dish coated with cooking spray. Pour the marinara sauce over the stuffed shells and sprinkle with one cup mozzarella. Bake at 350 degrees for 30 minutes.

Smores

Ingredients:

- 2 graham crackers
- 1 scoop chocolate chips
- Hershey's syrup
- 1 scoop marshmallows

Directions:

1. Stack graham crackers, marshmallows and chocolate chips.
2. Pour chocolate syrup on top.
3. Bake at 350 degrees for 5 minutes.
4. Enjoy!



Bobby Deen's Healthy Whole Wheat Pineapple Upside Down Muffins

Topping

- 2 tablespoons packed light brown sugar
- 1 10-ounce can pineapple slices

Muffins

- 3/4 cup whole-wheat flour
- 3/4 cup all-purpose flour
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1 tablespoon ground cinnamon
- 2 large eggs
- 1/2 cup packed light brown sugar
- 1/4 cup canola oil
- 2 tablespoons pineapple juice saved from the can
- 1 teaspoon vanilla extract
- 8-ounce can crushed pineapple, (not drained)
- 1 large grated carrot
- 1/2 cup old-fashioned oats

Preparation: **IMPORTANT NOTE: DO NOT FILL MUFFINS TINS MORE THAN 3/4 FULL!**

1. Preheat oven to 400°F. Line baking sheet with muffins.
2. To prepare topping: Sprinkle 1/2 teaspoon brown sugar into each muffin cup. Stack pineapple slices and cut into 6 wedges. Place 2 wedges in each muffin cup.
3. To prepare muffins: Whisk whole-wheat flour, all-purpose flour, baking powder, baking soda, salt and cinnamon in a large bowl.
4. Whisk eggs and brown sugar in a medium bowl until smooth. Whisk in oil, juice and vanilla. Stir in crushed pineapple. Make a well in the dry ingredients; add the wet ingredients and stir with a rubber spatula until just combined. Stir in carrot, oats, raisins and nuts, if using. Scoop the batter into the prepared muffin cups (they'll be quite full).
5. Bake the muffins until the tops are golden brown and firm to the touch, 15 to 25 minutes. Immediately loosen edges and turn muffins out onto a baking sheet. Serve upside-down, either warm or at room temperature.



Neely's Thumbprint Cookies

Ingredients:

- 2/3 cup butter
- 1/3 cup white sugar
- 2 egg yolks
- 1 teaspoon vanilla extract
- 1/2 teaspoon salt
- 1 1/2 cups all-purpose flour
- 2 egg whites, lightly beaten
- 1/3 cup strawberry preserves

Instructions:

1. Preheat oven to 350 degrees F (175 degrees C). Lightly grease cookie sheets, or line with parchment paper.
2. In a large bowl, cream together butter and sugar until light and fluffy. Beat in egg yolks, vanilla, and salt. Gradually mix in flour.
3. Shape dough into 3/4 inch balls. Dip in lightly beaten egg whites. Place 1 inch apart on prepared cookie sheets. Press down center of each with thumb.
4. Bake for 15 to 17 minutes, or until golden brown. Cool on baking sheet for 5 minutes, then remove to a wire rack to cool completely. Just before serving, fill centers of cookies with strawberry preserves.

Sandra Lee's Omelets in a Bag

Ingredients

- 2 eggs
- 2 slices ham, chopped (optional)
- 1/2 cup shredded Cheddar cheese
- 1 tablespoon chopped onion (optional)
- 1 tablespoon chopped green bell pepper (optional)
- 2 tablespoons chopped fresh tomato (optional)
- 1 tablespoon chunky salsa (optional)
- 2 fresh mushrooms, sliced (optional)
- Food coloring (optional)

Directions

1. Crack the eggs into a large resealable freezer bag. Press out all of the air, and seal. Shake or squeeze to beat the eggs. Open the bag, and add the ham, cheese, onion, green pepper, tomato, salsa, and mushrooms. Squeeze out as much of the air as you can, and seal the bag. Write name with marker on bag.
2. Bring a large pot of water to a boil. Place up to 8 bags at a time into the boiling water. Cook for exactly 13 minutes. Open the bag, and let the omelet roll out onto a plate. The omelet should roll out easily.



Paula Deen's French Toast Casserole

Ingredients:

- 1 loaf French bread (13 to 16 ounces)
- 8 large eggs
- 2 cups half-and-half
- 1 cup milk
- 2 tablespoons granulated sugar
- 1 teaspoon vanilla extract
- ¼ teaspoon ground cinnamon
- Dash salt
- Topping, recipe follows
- Syrup

Directions:

Slice French bread into 20 slices, 1-inch each. (Use any extra bread for garlic toast or bread crumbs). Arrange slices in a generously buttered 9 by 13-inch flat baking dish in 2 rows, overlapping the slices. In a large bowl, combine the eggs, half-and-half, milk, sugar, vanilla, cinnamon, nutmeg and salt and beat with a rotary beater or whisk until blended but not too bubbly. Pour mixture over the bread slices, making sure all are covered evenly with the milk-egg mixture. Spoon some of the mixture in between the slices. Cover with foil and refrigerate overnight.

The next day, preheat oven to 350 degrees F.

Spread Topping evenly over the bread and bake for 40 minutes, until puffed and lightly golden. Serve with maple syrup.

French Toast Topping

- 1 stick butter
- 1 cup packed light brown sugar
- 2 tablespoons syrup
- ½ teaspoon ground cinnamon

Combine all ingredients in a medium bowl and blend well.

Barefoot Contessa's Presidential Cherry Cake

- ½ box yellow cake mix
- 1 can pineapple slices
- 1 can cherry pie filling
- ½ stick butter melted

Preheat oven to 325 degrees. Have each child chop pineapple. Put into bottom of square baking dish. Next, pour can of cherry pie filling on top of pineapple. Spread but do not mix. Next spread ½ package of yellow cake mix on top. Lastly, pour melted butter on top. Place in oven for approximately 50 minutes



Cat Cora's Baked Snowflakes

- 1 flour tortilla
- ½ tablespoon melted butter
- Sprinkles

Preheat oven to 325 degrees. Fold tortilla in half. Fold again. Cut patterns with scissors. Open and spread melted butter on top. Sprinkle sugar on top. Bake 5 minutes or until slightly brown on edges.

Emeril's Veggie Quesadillas

- 1 onion, sliced
- 1 green pepper, sliced
- tomatoes
- 1 tortilla shell
- 1/4 teaspoon salt
- ¼ teaspoon pepper
- Olive Oil
- Cheddar Cheese

Slice vegetables. Place on foil covered cookie sheet. Sprinkle with olive oil, salt and pepper. Stir fry vegetables in fry pan with a tablespoon of oil, stirring frequently until veggies are tender. Meanwhile, grate cheese. On one half of open tortilla shell, spread small amount of cheese. Spread veggies on top. Place on pancakes griddle at 375 degrees for approximately one minute on each side. Enjoy!

Egg Marbleizing

- Hard Boiled or Blown Out Eggs (I will have them already boiled for you!)
- Food Coloring
- Vinegar
- Water
- Cooking Oil (You can use any kind)

Instructions:

In a coffee cup or similar sized container, mix about 20 drops of food coloring with 1 tablespoon of vinegar. Add ½ cup room temperature water, then add 1 tablespoon of oil. You can add more or less food coloring to get the desired shade. Repeat the steps above to make different colors. Gently lower eggs in the cup. The longer you leave the eggs in the dye, the darker the colors will be. Once the egg reaches the desired color, remove from the cup with a spoon and set a paper towel to dry. Your eggs should end up colored in some spots with white streaks in others. If you want, color the eggs first and then dip them into the dye with oil.



Cinnamon Dough Sculptures

- 1 cup cinnamon
- 1 tablespoon nutmeg
- 2 tablespoons white glue
- $\frac{3}{4}$ cup drained/strained/not too runny applesauce

Mix cinnamon and nutmeg. Add applesauce and glue. Work mixture with spoon or hands til well mixed. Roll out to $\frac{1}{4}$ inch thickness and cut with cookie cutters. Use straw to make hole for top for hanger. Cool on wire rack one day.

Java Doh Sculptures

- $\frac{1}{4}$ cup instant coffee
- $\frac{3}{4}$ cup warm water
- 2 cups flour
- $\frac{1}{2}$ cup salt

Mix water and instant coffee together until coffee is dissolved. Combine flour and salt in a medium bowl. Add $\frac{3}{4}$ cup of water and stir until a smooth dough is formed. Baked finished sculptured at 300 degrees for 30-45 minutes or until hard. Store extra dough in an airtight container or plastic zip bag.