

COOKING ACADEMY Grades 3 - 8 *as of Fall 2024*

Register ONLINE at kidspirit.oregonstate.edu



CHECK-IN AND CHECK-OUT

Check-in/Check-out is located in the grassy area behind Langton Hall.

Check-in:

Between 8:15 - 8:30 am.

Check-out: 1:00 pm. Anyone picking up a camper must be on camper's authorized list, and provide photo ID.

WHAT TO WEAR & BRING

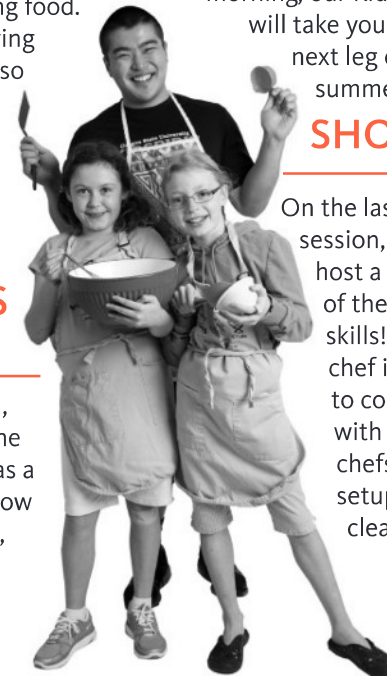
- Closed toed shoes
- Hair tied up and out of face
- Backpack
- Water bottle
- Apron (optional)

LOOKING FOR A FULL-DAY CAMP?

Sign up for both Cooking Academy and KidSpirit Summer Day Camp! After cooking in the morning, our KidSpirit team will take you on to the next leg of your epic summer journey.

LUNCH

We will make and eat snacks and lunch together, so there is no need to bring food. We will be exploring different flavors, so our young chefs must be open to trying new things!



SHOWCASE

On the last day of each session, chefs will host a showcase of their culinary skills! 1 guest per chef is welcome to come and dine with us, while our chefs take care of setup, serving, and cleanup.

FARMER'S MARKET

Once per session, we will head to the farmer's market as a class, and learn how to pick in-season, local ingredients for a meal.

HALF-DAY SESSIONS 8:30 am - 1:00 pm	CAMP
1 June 24- July 5 <i>No Camp July 4</i>	Global Cuisine: Northern Hemisphere
2 July 8 - 19	Chefs in Motion
3 July 22 - August 2	Garden to Table
4 August 5 - 16	Global Cuisine: Southern Hemisphere
5 August 19 - 30	Scientists in the Kitchen



In KidSpirit Cooking Academy, Chefs will gain ...

Kitchen Skills

- Safety
- Cutlery use
- Measuring
- Nutrition
- Cleaning

Academic Skills

- Math
- Science
- Following step-by-step directions
- Artistic thinking

Social Skills

- Connection
- Communication
- Self-awareness
- Active listening
- Self-regulation

Life Skills

- Creativity
- Problem-solving
- Adaptability
- Critical thinking
- Multitasking

SESSION 1

Global Cuisine: Northern Hemisphere

Join us for a global culinary journey! Explore diverse cuisines from the Northern Hemisphere while delving into cultural knowledge, from language to current events. Become an expert in global foods and cultures!

\$440 session 1 (\$10.86/hr)

SESSION 2

Chefs in Motion

Rev up your training! Chefs dive into 5k prep with food for recovery and fuel. Explore digestion, energy, vitamins, balance, hydration, and more. Get ready to fuel your run and explore the world of food!

\$475 sessions 2-5 (\$10.56/hr)

SESSION 3

Garden to Table

Experience the essence of herbs! Chefs cultivate herb-centered recipes, while growing their own garden. Discover farm-to-chef connections and seasonal eating. Gain a deep understanding of food growth and culinary expertise!

\$475 sessions 2-5 (\$10.56/hr)

SESSION 4

Global Cuisine: Southern Hemisphere

Join us for a global culinary journey! Explore diverse cuisines from the Northern Hemisphere while delving into cultural knowledge, from language to current events. Become an expert in global foods and cultures!

\$475 sessions 2-5 (\$10.56/hr)

SESSION 5

Scientists in the Kitchen

Get ready, chefs! Join us as we blend science and cooking to uncover a world of colorful transformations and mouth-watering dishes. Discover everything from how ingredients change colors to the magic of mixing acids and bases. By the end, you'll be a culinary master and kitchen scientist, creating delicious treats while understanding the science behind them!

\$475 sessions 2-5 (\$10.56/hr)