

## *Jr. Chef (ages 9-14)*

Instructor: Axel Garcia Vega Week of July 6-10

<i>Time</i>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
8:55	Walk to Class	Walk to Class	Walk to Class	Walk to Class	Walk to Class
9:00	Introductions Design Cooking Aprons	Chef Skills: Easy Scrambled Eggs	Chef Skills: Pancake Flipping	Cooking Activity: Fish Tank Jello Cups	Energy In/ Energy Out Calorie Activity
10:00	Chef Skills: Handwashing/ Clean Surface	Cooking Activity: Homemade Salsa & Guacamole	Solar Oven Smores	Cooking Activity: Sushi	Chef Skills: Baking
11:00	Cooking Activity: Fruit Kabob with yogurt dip	Nutrition Label Detective	Solar Oven Smores	Fruit and Veggie Bug Planning	Cooking Activity: Mummy Hotdogs
11:55	Walk to Lunchroom	Walk to Lunchroom	Walk to Lunchroom	Walk to Lunchroom	Walk to Lunchroom
12:00	Lunch	Lunch	Lunch	Lunch	Lunch
12:55	Walk to Class	Walk to Class	Walk to Class	Walk to Class	Walk to Class
1:15	Cooking Activity: Marshmallow Sushi	Cooking Activity: Ice Cream in a Bag	Cooking Activity: Oreo Dirt Cups	VR Chef Experience	Fruit and Veggie Bug Competition
2:30	Herb Challenge	Name that Kitchen Utensil	Mindful Eating	VR Chef Experience	Awards/ Certificates
3:55	Walk to Game Room	Walk to Game Room	Walk to Game Room	Walk to Game Room	Walk to Game Room

- Campers are dropped off from 8-8:45 a.m. in front of the Frandsen Humanities Building and picked up between 4-4:30 p.m.
- Classes are from 9 a.m. to 4 p.m. with a morning and afternoon snack (each 15 minutes) and an hour lunch.
- Campers will bring their own snacks, lunch and a water bottle.