



Jr. Chef (ages 9-14)

Instructor: Trason Hirsch Week of June 15-18

<i>Time</i>	Monday: June 15	Tuesday: June 16	Wednesday: June 17	Thursday: June 18	Friday June 19
8:55	Walk to Class	Walk to Class	Walk to Class	Walk to Class	
9:00	Introductions Design Cooking Aprons	Beneficial Bacteria Kombucha & Sauerkraut & Pickles	Mindful Eating	Energy In/ Energy Out Calorie Activity	
10:00	Chef Skills: Handwashing, Clean Surface/ Hygienes/ Behavior in the Kitchen	Chef Skills: Homemade Salsa & Guacamole	Chef Skills: Sushi	Chef Skills: Baking	
11:00	Cooking Activity: Fruit Kabob with yogurt dip	Components of Food Sugars/ Proteins/ Fats	Food Waste and Portion Size	Solar Oven	
11:55	Walk to Lunchroom	Walk to Lunchroom	Walk to Lunchroom	Walk to Lunchroom	
12:00	Lunch	Lunch	Lunch	Lunch	
12:55	Walk to Class	Walk to Class	Walk to Class	Walk to Class	
1:15	Chef Skills: Measuring Like a Pro	Nutrition Labels: What to they show/ mean?	VR Chef Experience	Mini Pizzas	
2:30	Sip Smart: Soda/ Juice/ Water	Hydration Matters	VR Chef Experience	Healthy Snack Buffet	
3:55	Walk to Game Room (wait for	Walk to Game Room (wait for	Walk to Game Room (wait for	Walk to Game Room (wait for	

- 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.