

Culinary Academy for Kids

Summer Camp at Cape Fear Community College

Cook up some summer fun!

Food plays an enormous role in our lives and good health is one of the greatest gifts you can give your child. Teaching children to cook with whole, natural foods will allow them to cultivate a healthy lifestyle. Additional benefits of teaching children to cook include:

- increased confidence and self-esteem
- an understanding of basic science
- development of fine motor skills and hand-eye coordination
- development of math and critical thinking skills
- awareness of time management and planning

Culinary Academy for Kids is a four-day camp that allows budding chefs to ignite their culinary creativity, explore basic cooking skills and gain confidence in the kitchen while they prepare delicious foods in class.

This exciting hands-on camp will teach your child food safety, basic knife skills, how to cook with heat, how to measure and how to prepare a variety of foods for breakfast, lunch and dinner. In addition, children will be able to bring samples home to share with family. (Due to COVID-19 restrictions, students will work individually and all food will be prepared and packaged to take home, and not eaten in class.)

Days of Week: Monday - Thursday

Dates/Times:	June 7-10, 2021	8 am-noon	(ages 8-10)
	June 21-24, 2021	8 am-noon	(ages 8-10)
	June 28-July 1, 2021	1-5 pm	(ages 11-13)
	July 12-15, 2021	8 am-noon	(ages 11-13)
	August 2-5, 2021	1-5 pm	(ages 11-13)

Location: Wilmington Campus

Registration: \$189*

*Additional supplies required; see supply list, other side.



Your Instructors

Chef Mike Cosenza

is a CFCC culinary arts graduate who has worked in the kitchens at Pinpoint Restaurant and Eagle Point Golf Club. A licensed mariner, Mike also teaches boat handling at CFCC. **Chef Wendy Raubenheimer** is also a graduate of the CFCC culinary arts program, who went on to become a member of the faculty. Wendy regularly teaches both curriculum and continuing education classes at CFCC and enjoys working with children and adults.



For more details, contact
910.362.7199 or enrich@cfcc.edu
www.cfcc.edu/summercamp



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Camp Curriculum

8 – 10 year old students:

Day 1: Kitchen tour, basic measuring, simple knife skills, food safety and cooking with fruit. Menu: fruit kebobs with marshmallow and yogurt dip.

Day 2: Individual pizzas. Menu: pizza dough, sauces and toppings, veggie skewers with dipping sauce.

Day 3: Pastas. Menu: baked mac-n-cheese & sesame noodles.

Day 4: Desserts. Menu: chocolate chip cookie cake with chocolate or vanilla buttercream.

11-13 year old students

Day 1: Kitchen tour, basic measuring, simple knife skills, food safety and cooking with fruit. Menu: fruit salsa, house baked chips, fruit pizza.

Day 2: Focaccia & salad. Menu: focaccia art, Caesar salad with croutons, homemade Caesar dressing.

Day 3: Pasta. Menu: Asian noodles, Italian pasta salad, cheesy veggie pasta bake.

Day 4: Desserts. Menu: Homemade Oreos, vanilla cupcakes with chocolate or vanilla buttercream.

Supply List

Kitchen equipment, utensils, food safety gloves, cut-resistant gloves and ingredients for all meals will be provided. Your child must bring the following items to camp each day:

- two clean kitchen towels
- one clean cloth apron (no plastic aprons for safety)
- containers to take leftover food home

Dress Code

Children will work in a real kitchen, so they need to dress appropriately. Each child must wear the following:

- hat or scarf to cover head and hair ties to restrain hair
- flat, slip-proof, closed-toed shoes, such as tennis shoes (no flip flops or sandals)
- t-shirt and long pants
- no nail polish, please

PLEASE NOTE: Masks and social distancing may also be required, depending on current guidelines from the NC Community College System.

Safety Precautions

Safety is our highest priority. Campers must be willing to follow instructions and behave properly in the camp kitchen. Inappropriate horseplay or repeated refusal to follow safety instructions will not be permitted. Students who are dismissed from camp due to safety concerns will not receive a refund. Please assess your child's maturity, attention span and reasoning skills before you register.

Snack Break

We recommend that you pack a protein-rich snack and a drink for your child. **If you have also registered for an additional morning or afternoon camp session**, you will need to include additional lunch items, snack items and drink(s). Please pack perishables on ice.

Food Allergy Disclaimer

If your child has known food allergies or intolerances, you must notify staff at the time of registration. We will need at least two weeks notice in order to make recipe substitutions. Unfortunately, we cannot offer substitutions for gluten.

PLEASE NOTE: We cannot guarantee an allergen-free kitchen as adult CFCC culinary students use the same facilities and there is a risk of cross-contamination. CFCC cannot assume any liability for adverse reactions to food consumed, or items one may come in contact with while cooking or eating. Participants with life-threatening food allergies who may need to use an epi-pen should bring their own medication.