

# Baking Academy for Kids

Summer Camp at Cape Fear Community College

## Make edible works of art from scratch!

Baking and the pastry arts have become increasingly popular among children, preteens and teens with the onset of exciting television shows such as *Kids Baking Championship* and *The Great British Baking Show*. Learning to bake has some wonderful benefits for kids:

- 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

**Baking Academy for Kids** is a four-day camp that allows aspiring chefs to get a taste of what it's like to bake in a commercial kitchen with a professional baking instructor.

Students will learn how to make a variety of baked goods - cakes, cookies, pies, bread and fudge – all from scratch. In addition, they will learn to make delicious Chantilly cream and buttercream frostings, along with practicing popular piping and decorating techniques. At the end of each day, kids 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.)

<b>Days of Week:</b>	<b>Monday - Thursday</b>		
<b>Dates/Times:</b>	<b>June 7-10, 2021</b>	<b>1-5 pm</b>	<b>(ages 8-10)</b>
	<b>June 21-24, 2021</b>	<b>1-5 pm</b>	<b>(ages 8-10)</b>
	<b>June 28-July 1, 2021</b>	<b>8 am-noon</b>	<b>(ages 11-13)</b>
	<b>July 12-15, 2021</b>	<b>1-5 pm</b>	<b>(ages 11-13)</b>
	<b>July 26-29, 2021</b>	<b>1-5 pm</b>	<b>(ages 11-13)</b>
	<b>August 2-5, 2021</b>	<b>8 am-noon</b>	<b>(ages 11-13)</b>

**Location:** **Wilmington Campus**

**Registration:** **\$189\***

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



## Your Instructors

### Chef Jaime

**Chadwick** has been a professional chef in Wilmington for

over 20 years and is the program director for the Baking & Pastry Arts department at CFCC.

**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.



For more details, contact  
910.362.7199 or [enrich@cfcc.edu](mailto:enrich@cfcc.edu)  
[www.cfcc.edu/summercamp](http://www.cfcc.edu/summercamp)



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## Camp Curriculum

Day 1: Intro to the professional kitchen and equipment, safety and sanitation; prepare and bake chocolate chip cookies and peanut butter cookies; workspace and kitchen cleanup.

Day 2: Prepare and bake focaccia bread for pizza; prepare and bake apple crisp; workspace and kitchen cleanup.

Day 3: Prepare and bake mini vanilla or Funfetti cakes with a surprise; prepare Chantilly cream for decorating vanilla cake, or red, blue and green buttercream for decorating Sugar Rush; practice piping techniques; workspace and kitchen cleanup.

Day 4: Prepare chocolate fudge recipe and cherry hand pies; workspace and kitchen cleanup.

## Supply List

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

- one clean cloth apron (no plastic aprons for safety)
- Wilton 3 piece extra-large decorating tip set (\$3.91, Walmart #555346163) available at Walmart or Walmart.com
- containers to take their creations home safely; we recommend a covered plastic cake tote.

## 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.