

Kids Culinary Camp



Presented by Lacy Willey MA, RDN, LD

Dickinson Independent School District

Food and Nutrition Department

Why have a Culinary Camp?

With the challenges our society is facing with loaded schedules, minimal physical activity, increased obesity and the many other health related issues such as diabetes, high blood pressure, etc. it is imperative that our young people are educated on simple skills for healthy eating at home.



Who was chosen to participate?

Future “Food Network Stars” currently enrolled in DISD in grade 4 entering grade 5. Ages ranged from 9-10 years old boys and girls.

Where was the camp?

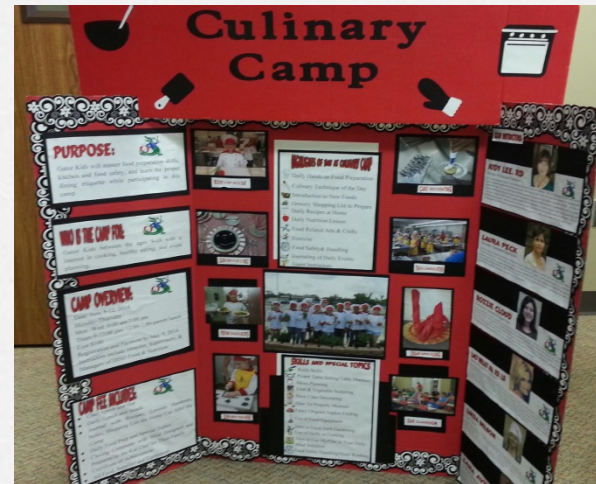
The camp was held in our training kitchen at the main FNS office. We were able to accommodate 12 students.



Schedule and Advertising

Mon. – Wed. 9am-3pm &
Thursday 9am – 1pm
w/Family Lunch

Each 4th grade campus was visited to tell them about the camp and brochures were sent home to parents. Advertised on our website and district marquee.



Daily Camp Agenda

- ✓ Classroom lesson
- ✓ Activity to reinforce lesson
 - ✓ Recipe Review
- ✓ Kitchen for lesson and activity
 - ✓ Lunch
- ✓ Physical Activity (usually outside)
- ✓ Kitchen lesson for simple snack
 - ✓ Snack Time
 - ✓ Journal Time

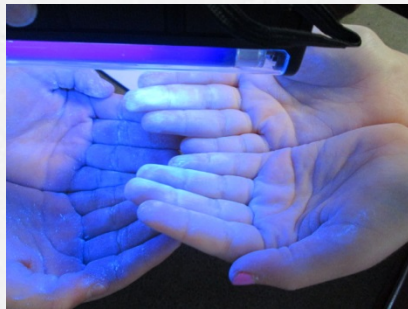
**every camper had a notebook with daily agenda, lessons and additional information related to lesson, and recipes*

**chefs coat and apron was also presented to each camper*



Camp Lessons

o Hand Washing

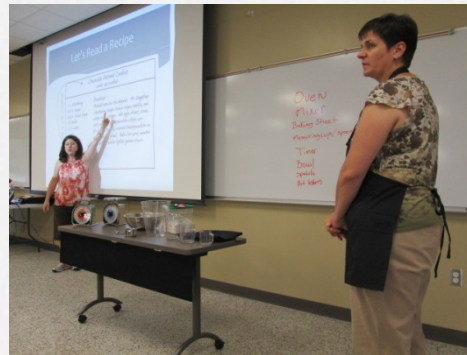


o Food and Kitchen Safety



o Dry & Wet Measuring

o Recipe Reading



Camp Lessons

- o Knife Skills



- o Fruit/Veggie Garnishing



- o Table Setting

- o Napkin Folding

- o Proper Table Etiquette



Camp Lessons

- o Growing
- o Picking
- o Cleaning
- o Cooking
- o & Eating Herbs



Camp Lessons

o Cake Baking and Decorating



o Boiling, Breading,



& Pizza Dough Making



Add in a little fun

Potato Sack Racing &
Piñata Busting



To Picnic &
Pizza Party





Family Lunch

- *Kid Chefs invited their family for lunch on the last day.
- ✓ They decorated the tables
- ✓ Prepared lunch using skills learned all week.
- ✓ Finally enjoyed the cake they made and decorated themselves.



Award Presentation

Each camper received a diploma
graduating them from
“Dickinson FNS Culinary Camp”



Culinary Camp Graduating Class June 2013

