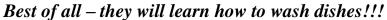
## Tioga FCCLA "Explore the Kitchen" One-Day Cooking Camp

Do you love to spend time in the kitchen? Are you afraid of spending time in the kitchen? Do you love to eat? Then this one-day "Explore the Kitchen" cooking camp is for you! Six hours of kitchen fun!

By the end of the cooking camp, campers will have learned safety and sanitation guidelines, basic knife skills, proper cooking temperatures, basic seasonings, proper measuring techniques, and a little about the science of baking.







When: Friday June 8<sup>th</sup>

Where: Tioga High School FACS Classroom

Who: Students who completed grades 4-6

**Cost:** \$50

Limit: 16 Students

Time: 9am-3pm

Camp Schedule (subject to change)

9am-11am Session 1

-Safety and Sanitation

-Knife Skills

\*\*Make Salsa (fruit and veggie)

-Kitchen Flavors

\*\*Explore basic seasonings

11am-12pm Make Lunch

-Individually seasoned

Hamburgers and homemade

Mac & Cheese.

12pm-1pm Eat Lunch and Clean up

1pm-3pm Session 2

-Proper Measuring Techniques

-Science of Baking

\*\*Learn about leavening agents

\*\*Make Scones

To register or if you have questions call or text Sarah Carkuff at 701-509-6067.

Please have the information below ready when calling.

Students Name:	Grade (completed)
Parents Name:	Phone Number

<sup>\*\*</sup>All Proceeds from FCCLA "Explore the Kitchen" Camp go towards sending FCCLA students to National FCCLA Conference June 28-July 2\*\*