Baking Academy for Kids
Summer Camp at Cape Fear Community College

Make edible works of art from scratch!

Cake decorating 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. This camp will allow aspiring pastry 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 standard vanilla and chocolate cake recipes, plus simple syrups and delicious fillings – all from scratch. In addition, they will learn to make delicious cream cheese, fudge and Chantilly cream frostings, vanilla buttercream, along with popular piping and decorating techniques. Kids will work both individually and in teams and will be able to sample creations in class and even take some of their edible works of art home to share!

Some of the benefits of baking activities for kids:
- Increased confidence and self-esteem
- An understanding of basic science
- Development of fine motor skills, hand-eye coordination
- Increased math and critical thinking skills
- Awareness of time management and planning

Previous baking experience is not required, but children must understand that the kitchen is a place of respect and proper behavior. You should assess your child’s maturity, attention span, and reasoning skills before you register.

Dates Available:  
- July 6 - 9, 2020 (ages 8-10)  
- July 13 - 16, 2020 (ages 11-13)  
- July 20 - 23, 2020 (ages 8-10)  
- July 27 - 30, 2020 (ages 11-13)

Times:  Monday - Thursday, 1 - 5 pm
Location:  Wilmington Campus
Registration:  $180*

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

Your Instructors

Chef Gwen Gulliksen is a full-time CFCC culinary arts instructor with over 25 years of international culinary experience, who loves to teach children. Chef Wendy Raubenheimer, a CFCC graduate who is also a member of the culinary arts faculty, regularly teaches both curriculum and continuing education classes at CFCC.

For more details, contact  
910.362.7199 or enrich@cfcc.edu  
www.cfcc.edu/summercamp
Baking Academy for Kids

Summer Camp at Cape Fear Community College

Camp Curriculum

8-10 year old students
Day 1: Intro to the professional kitchen and equipment, safety and sanitation, reading professional baking recipes, frosting-making, cupcake baking, basic decorating, sampling and kitchen cleanup (4 hours)
Day 2: Mini butter cakes, Chantilly cream, decorating, sampling & cleanup (4 hours)
Day 3: Vanilla cake, vanilla buttercream, simple syrup, filling, cake baking & building, piping, sampling & cleanup (4 hours)
Day 4: Chocolate or yellow cake, chocolate fudge or cream cheese frosting, simple syrup, filling, cake baking & building, piping, sampling & cleanup (4 hours)

11-13 year old students
Day 1: Intro to the professional kitchen and equipment, safety and sanitation, reading professional baking recipes, frosting-making, cupcake baking, introduction to frosting and piping, sampling and kitchen cleanup (4 hours)
Day 2: Mini butter cakes, fruit coulis, chocolate sauce, caramel sauce, Chantilly cream, piping techniques, decorating techniques, sampling & cleanup (4 hours)
Day 3: Vanilla cake, vanilla buttercream, simple syrup, strawberry filling, cake baking, shaping & building, border piping, sampling & cleanup (4 hours)
Day 4: Chocolate cake or yellow cake, chocolate fudge frosting or cream cheese frosting, simple syrups, fillings, cake baking, shaping & building, letter piping, border piping, side piping, sampling & cleanup (4 hours)

Supply List
Your child must bring the following items to camp each day:
• 2 clean kitchen towels
• 1 clean cloth apron (no plastic aprons for safety)
• Wilton 9-inch angled spatula ($3.19, Walmart #567132548) and Wilton 3 piece extra large decorating tip set ($3.91, Walmart # 555346163) both available at Walmart or Walmart.com
• Plastic containers to take their creations home safely – we recommend a covered plastic cake tote.

Dress Code & Safety Precautions
Children will work in a professional kitchen, so they need to dress appropriately. Each child must wear the following:
• Hat/scarf to cover head and hair ties to restrain hair
• Flat, slip-proof, closed-toe shoes, such as tennis shoes (no flip flops or sandals)
• T-shirt and long pants
• No nail polish, please

PLEASE NOTE: Safety is our priority. Campers must be willing to follow instructions and behave properly in the kitchen. Inappropriate horseplay or repeated refusal to follow safety instructions will not be permitted. You should assess your child’s maturity, attention span, and reasoning skills before you register.

Snack Break
Although children may sample the items they bake and decorate each day, we recommend that you still pack a protein-rich snack and drink for your child. If you have also registered your child for a morning camp session, you will need to include additional lunch, morning snack and drink(s). Please pack any perishables on ice.

Food Allergy Disclaimer
If you 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 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.