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 eye-hand coordination
- Increased math and comprehension skills
- Awareness of time management and planning

Culinary Academy for Kids allows budding chefs to ignite their culinary creativity, explore basic cooking skills and gain confidence in the kitchen while they prepare delicious foods to eat 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 sample their own dishes and bring leftovers home to share with loved ones.

Previous cooking 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, 8 am - noon
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.
Culinary Academy for Kids
Summer Camp at Cape Fear Community College

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 & dipping sauces)
Day 2: Pastas. (Menu: baked mac-n-cheese & sesame noodles)
Day 3: Individual pizzas. (Menu: pizza dough, sauces and toppings)
Day 4: Biscuits. (Menu: biscuits, flavored butters & fresh lemonade)

11-13 year old students
Day 1: Kitchen tour, basic measuring, simple knife skills, food safety and cooking with chocolate. (Menu: chocolate cake, chocolate cookies, chocolate icing, chocolate dipping sauce)
Day 2: Cooking with fruit. (Menu: fruit salad, fruit salsa, house baked chips, fruit spritzers, mini fruit pies)
Day 3: Focaccia & salad. (Menu: garlic focaccia, Caesar salad & croutons, homemade Caesar & ranch dressings & chopped vegetable salad & classic Italian vinaigrette)
Day 4: Pasta. (Menu: Asian noodles, Italian pasta salad, veggie pasta bake & American pasta salad)

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)
• Containers to take leftover food home

Kitchen equipment, utensils, food safety & cut-resistant gloves, and ingredients for all meals will be provided.

Dress Code & Safety Precautions
Children will work in a real 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 camp kitchen. Inappropriate horseplay or repeated refusal to follow safety instructions will not be permitted. Please assess your child’s maturity, attention span, and reasoning skills before you register.

Snack Break
Although children will sample the food they cook each day, we recommend that you pack a protein-rich snack and drink for your child. If you have also registered your child for an afternoon camp session, you will need to include additional lunch, snack 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 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.