

LIL' TOP CHEF CAMP



Are you Ready 2 cook?

Learn to cook nutritional snacks and meals this summer in a fun setting with experienced culinary Instructor & Staff. ALL meals and snacks provided!

Basic Knife Skills, Food Safety & Sanitation, Food Preparation, Recipes, Fun Activities, Apron, & Chef Hat

Session 1 – July 9 - 12

Session 2 - July 16 - 19

Session 3 - July 30 – August 2

Session 4 - August 6 - 9

Mondays through Thursdays - 8:30 AM – 2:30 PM

Elementary, Middle, & High School

\$150 per week Early Bird Registration Now through – June 29

\$200 per week Registration after June 29

*Additional discounts for multiple sessions and households with 2 or more children.

Hands-on Cooking

Expert Guidance

CAMP LOCATION:
SOUTH VIEW HIGH SCHOOL
4184 ELK ROAD
HOPE MILLS, NC 28348
ROOM 117

Eat Your Creations
Master Kitchen
Fundamentals

FOR MORE INFORMATION
Temia Weathersby

910-425-8181 ext. 117 or 910-224-6031



Let us whisk your kid away for an exciting culinary learning experience while school's out this Summer. These hands-on, 4-day camps will get your kids in the kitchen and learning real cooking techniques — and having a blast! All camps are for ages 6 -18 (Separated into elementary, middle, and high school), and the \$200 cost covers the cost for the entire 4-day camp, Cookbook, apron, & Chef hat.

Register in June and receive \$50 off. State & Government employees only \$100 per week. We have a couple of slots each week for students who are in financial need. This is on a first come first serve basis. You must register in advance to participate. Register by July 5 for Session 1, July 12 for Session 2, July 26 for Session 3, and August 2 for Session 4. You can send your registration forms to temiaweathersby@ccs.k12.nc.us. I will call you to confirm your registration, information and payment method.

All meals will be provided. Hand-on experience with professional staff. Camp hours are Monday-Thursday from 8:30 AM – 2:30 PM. Drop off between 8:00 am – 8:20 am.

Our young chefs will learn basic kitchen and knife skills, proper safety and sanitation, team work, and healthy dietary practices. Each day we will introduce a different global cuisine with the menus incorporating classic cooking techniques; sautéing, roasting, steaming, grilling, and baking. And our young chefs will be working in small teams to develop their team cooking skills.

We will teach them how to read and organize recipe procedures, preparing "mis en place" (everything in its place - measuring & chopping ingredients before they begin cooking). At the end of the 4-day camp, our young chefs will have developed skills to cook a meal for everyone at home!

On the first day, each camper will be given their cookbook. We will discuss our recipes for the week, so that they can become familiar with what they will be cooking throughout the week. Each day of the camp, they will prepare a complete meal including dessert. On the last day, there will be a competition allowing them to creatively demonstrate their new cooking skills!

You are invited to join our chefs on the last day at 1:30 pm to enjoy their work. We look forward to having you involved in Lil' Top Chef Camp.

Sign up today!



DAILY 8:00-8:30 ARRIVAL

Breakfast – Thinking Outside of the Cereal Bowl

Safety & Sanitation in the Kitchen

Tour of Kitchen

Time to Snack – “From Sugar Shock to Snack Attack”

Using Recipes to create Meals

Quick Breads

Pastas and Sauces

Breakfast

Hot Sandwiches

Desserts

Salads – Fruit, Taco salads, Veggie Life

“Klucking” – New Ways to Enjoy Chicken

2:30 pm Pick up

Each session students will prepare different recipes. New skills will be learned and students will enjoy creating delicious treats, meals, and desserts!

LIL' TOP CHEF CAMP 2018

STUDENT REGISTRATION FORM

NAME _____ NICKNAME _____

ADDRESS _____

EMAIL ADDRESS _____

PARENT OR GUARDIAN'S NAME _____

HOME PHONE _____ CELL PHONE _____

1. EMERGENCY CONTACT _____

HOME PHONE _____ CELL PHONE _____

RELATIONSHIP TO STUDENT _____

2. EMERGENCY CONTACT _____

HOME PHONE _____ CELL PHONE _____

RELATIONSHIP TO STUDENT _____

FOOD ALLERGIES (VERY IMPORTANT) _____

MEDICAL CONCERNS OR SPECIAL NEEDS (EX. DEHYDRATES EASILY)

EXPERIENCE IN THE KITCHEN _____

WHAT DO YOU HOPE TO LEARN FROM CAMP _____

LIL' TOP CHEF CAMP 2018
SAFETY CONTRACT

Your child (Name)_____

Is enrolling in a culinary camp which may require the use of kitchen equipment including but not limited to knives, stove, can opener, waffle maker, grill, 3-compartment sink, mixer, and blender. Appropriate instruction in the safe and proper operation of this equipment is provided as a part of the camp instruction. All participants will receive safety and sanitation in the kitchen. Although close supervision is maintained at all times, and safety precautions are taken through camp instruction and training; the "hands on" activities in this camp present a potential hazard. Therefore, each participant will sign a safety agreement and be given a safety quiz. Please complete, sign, and return this form to the coordinator. **After this form is signed, returned and your child has met all safety requirements; your child will be allowed to operate equipment, appliances, and necessary tools in this cooking camp.**

Student Agreement

I agree to observe all safety rules and procedures for safe operation of equipment, appliances, and tools. I agree that I will conduct myself in a safe and professional manner in this camp. I understand that failure to conduct myself in a safe and professional manner may result in my suspension from camp. Playing is not allowed in the kitchen or during hands on activities. This is not only for my safety but for the safety of others involved in the camp. I will do all I can to pay attention, ask questions, and learn what is needed to be safe and enjoy the camp.

Student Signature

Date

Parent Agreement

I have read and understand the safety agreement. I will stress safety and professional aspects of this camp with my son/daughter. I have reviewed the expectations and discussed the importance of following directions to my son/daughter. In case of emergency, I may be reached at the following number(s):

Home

Cell

Work

Parent Signature

Date

**LIL' TOP CHEF CAMP 2018
EXPECTATIONS**

1. HAVE FUN!
2. FOLLOW KITCHEN SAFETY AT ALL TIMES IN THE KITCHEN AND WHILE USING KITCHEN EQUIPEMENT (KNIVES, STOVE, BLENDER, CAN OPENER, ETC.)
3. ASK QUESTIONS, GET HELP ANYTIME DURING HANDS ON ACTIVITIES
4. BE KIND TO OTHERS DURING CAMP.
5. HELP ONE ANOTHER ALWAYS
6. WORK TOGETHER
7. HAVE FUN
8. IF YOU FORGET #7 GO BACK TO #1!!

This camp is intended to help each child grow in his/her ability to prepare nutritional snacks and meals. Please allow them to practice their recipes at home.