

# LIL' TOP CHEF CAMP 2019



## 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 & Advanced Knife Skills, Food Safety & Sanitation, Food Preparation,

Recipes, Fun Activities, Happy Chef Apron, & Chef Hat

### TWO SESSIONS!!!

Session 1 - June 17 - 20    Session 2 - June 24 - 27

Mondays through Thursdays - 8:00 AM - 3:00 PM

Elementary, Middle, & High School

\$150 per week Early Bird Registration May 27 - June 3

\$200 per week Registration after June 4

\*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**

**FOR MORE INFORMATION  
Temia Weathersby**

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

**Deadline to register is June 12, 2019**

*Eat Your Creations*

*Master Kitchen  
Fundamentals*



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. The camp cost is \$200 for the entire camp, \$150 early registration by June 3, 2019, \$50 off for more than one child registered in a session, and 10% off for all state & Military employees. Camp hours are 8:00 am to 3:00 pm with drop off from 7:30 am-8:00 am and pick up from 3:15-3:30 pm.

On day 1 our campers will meet their teammates for the duration of the camp. Together teams compete in challenges and the cook off. Each team will earn points along the way that will be added to the cook off score. At the end, we will have a Lil' Top Chef Camp winner 2019!! 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 incorporating classic cooking techniques; sautéing, roasting, steaming, grilling, and baking. And our young chefs will be working in small teams to develop their cooking skills. There is more to camp than cooking! Our chefs will learn about fitness. They will get some fitness tips and exercise in while at camp (daily dancing, activities, stretching...no couch potatoes here!!!)

It doesn't matter if campers have no experience or if they have skills in the kitchen. We will teach them how to read and organize recipe procedures, prepare "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 the week's recipes packets, 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 for their family! You will join us at 1 pm for our final meal and competition!



### DAILY 7:30-8:00 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

3:15-3:30 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 2019  
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 \_\_\_\_\_

STATE EMPLOYEE \_\_\_\_\_ MILITARY EMPLOYEE \_\_\_\_\_

REGISTRATION COST \_\_\_\_\_ PAID DATE \_\_\_\_\_

LIL' TOP CHEF CAMP 2019  
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. **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 with 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 2019 EXPECTATIONS**

1. HAVE FUN!
2. FOLLOW KITCHEN SAFETY AT ALL TIMES IN THE KITCHEN AND WHILE USING KITCHEN EQUIPMENT (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.

### **CAMP ATTIRE**

- PLEASE WEAR CLOSED-TOED SHOES (SLIP FREE, SNEAKERS, TENNIS SHOES, ETC.).
- PLEASE WEAR SHORT, MID-LENGTH, OR LONG SLEEVE SHIRTS.
- PLEASE WEAR KNEE LENGTH OR LONG PANTS.
- KEEP IN MIND EXERCISE ACTIVITIES WILL BE DONE. DRESS IN CLOTHES THAT YOU ARE ABLE TO DO SOME ACTIVITIES IN COMFORTABLY.