

ADVENTURES IN COOKING

Registration Form

Adventures in Cooking is a fun, hands-on program that teaches 8–12 year olds how to cook and get comfortable in the kitchen. The program builds the child’s skills and confidence to prepare a variety of meals and snacks and helps encourage a love of food and healthy eating.

Please register your child/ward using this form and return it to your Adventures in Cooking leader.

Contact Information

Child’s First and Last Name:

Child’s Pronouns (e.g., she/her, they/them):

Date of Birth: _____

Address: _____

Parent/Guardian Name:

Phone (Home): _____

(Work): _____

(Cell): _____

Other Parent/Guardian’s Name:

Phone (Home): _____

(Work): _____

(Cell): _____

Emergency Contact Name
(in case we can’t reach the above):

Phone (Home/Work/Cell):

Health

Do you have any special instructions for leaders regarding the child’s diet, health and/or behaviour?

Yes No

If yes, please explain:

Does the child have any food allergies? Yes No

If yes, please explain:

Are there any medications the child should carry with them (e.g., EpiPen, inhaler)? Yes No

If yes, please explain:

Informed Consent for Participation in Adventures in Cooking

During a regular Adventures in Cooking session, your child will participate in activities, supervised by their leader which may include, but are not limited to:

- Use of cooking and food preparation equipment (e.g., knives, stoves, ovens, blenders)
- Preparing and eating a variety of foods

If your child does not feel comfortable performing certain cooking tasks, we will try our best to find an alternate way to perform the task or assign another recipe/kitchen task. Children will not be permitted to cook if they are feeling unwell.

I have read and understand the information provided on this form. I also understand that there is a degree of risk involved in some activities. After considering the risks involved and having confidence that reasonable precautions will be taken for the safety and well-being of my child/ward, I authorize my child/ward to participate in the activities at Adventures in Cooking sessions as described above.

Signature of Parent/Guardian:

Print Name of Parent/Guardian:

Relationship to Child/Ward:

Date:

COOKING TERMS

Al dente: To cook pasta until it is tender but firm. This helps the pasta hold its shape when placed in pasta sauce.

Bake: To cook food in the oven. Foods that are often baked include bread, muffins, biscuits, cookies or cake.

Beat: To mix ingredients very well with an electric mixer, a whisk or a fork. This also adds air into the mixture, which makes it light and fluffy.

Blanch: To cook a food in boiling water for a short amount of time. As soon as the vegetable or fruit comes out of the boiling water, it should be put in cold water to stop the cooking process. Blanching is usually done to vegetables and fruit before you freeze them to help keep the flavour, colour, and texture intact while frozen.

Blend: To mix two or more ingredients together, until they are combined into one mixture. This is done by hand, with a blender, or by using an electric mixer.

Boil: To heat a liquid (usually water) until many bubbles appear on the surface. This is usually done in a pot on the stove, but water can also be boiled in a kettle.

Brown: To cook quickly over high heat, causing the outside of the food to turn brown while the inside stays moist. This gives food an appetizing colour and a rich flavour.

Brush: To apply a layer of something to a food, such as a marinade, sauce, melted butter or oil.

Chop: To cut a food into small pieces that don't need to be the same size.

Cream: To blend ingredients together to make a smooth, lightweight paste. This is often done with sugar and butter when starting to make a cake or cookie recipe. Electric beaters work very well to do this.

Deglaze: To add liquid to a hot pan after you've already cooked something in it, which allows the caramelized bits of food stuck to the bottom to release and add flavour to the liquid.

Dice: To cut food (e.g., onion) into small cubes with a knife.

Fold: To mix ingredients together very gently. This is often done when an ingredient was whipped, so that it doesn't lose the fluffiness from the air whipped into it.

Grate: To reduce a large piece of food (e.g., cheese) into tiny shreds by rubbing it against a rough metal surface called a grater. Another word for grate is shred.

Grease: To put a small amount of oil or fat such as butter on the inside or on the surface of a dish, to prevent food from sticking to it during cooking.

Juice: To squeeze the liquid out of a fruit or vegetable (e.g., citrus fruit). To juice, cut lemons and limes into halves or wedges, then squeeze out the juice over a bowl.

Knead: To press, fold and turn dough. To knead, fold the dough over toward you, press it with the heels of both hands, give it a quarter turn, and repeat.

Mince: To cut up food (e.g., garlic) into very, very small pieces.

Mix: To combine two or more ingredients together.

Packed: Pressed into a measuring cup. This is often used to describe how to measure brown sugar so that the sugar is squished to the bottom, allowing more to fit in the measuring cup.

COOKING TERMS

Peel: To remove the skin from a fruit or vegetable (e.g., potato).

Preheat: To heat cooking equipment before starting to cook, such as the oven or a frying pan. Preheating makes sure that the food starts cooking right away and that it cooks properly, at the right temperature. This is especially important when baking.

Puree: To grind or mash food until it's completely smooth. This is most often done in a food processor or a blender.

Roast: To cook food in an uncovered pan or dish in the oven. This way of cooking browns the outside of food and adds flavour.

Sauté: To cook food quickly in a small amount of fat in a pan over medium-high temperatures. Foods that are often sautéed include onion, garlic and other vegetables such as bell peppers, broccoli and mushrooms.

Scramble: To cook eggs that have been whisked in a frying pan. While they are cooking, the eggs are stirred until they form several small pieces of cooked egg.

Season: To flavour foods with herbs, spices, condiments, salt or pepper to improve their taste.

Sift: To pour a dry ingredient (like flour or sugar) through a sieve or sifter to remove lumps and add air.

Simmer: To cook food in a heated liquid so that it bubbles gently. This is usually done by heating something over medium-high heat, then turning the heat down to low once it starts to bubble.

Skin: To take the skin off a food before or after cooking. Foods that are often skinned include poultry and fish.

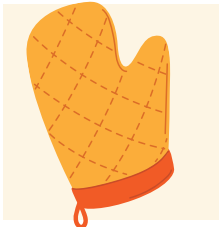
Slice: To cut away a thin piece of food with a knife from the larger part, for example, to slice bread or to slice an apple.

Steam: To cook a food using the heat from steam. The food to be steamed is often put in a basket or rack above boiling water in a covered pan.

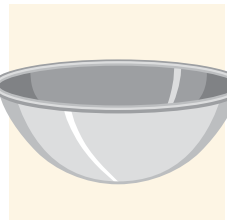
Stir: To move a spoon, spatula or other utensil in a circular motion, to mix together ingredients or a liquid.

Toss: To gently mix the ingredients of a salad.

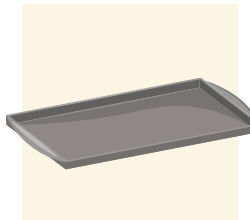
EQUIPMENT LIST



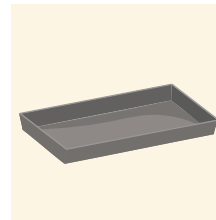
Oven Mitts



Mixing Bowl



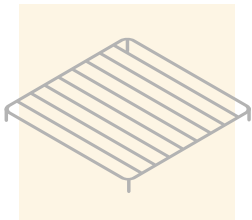
Baking Sheet



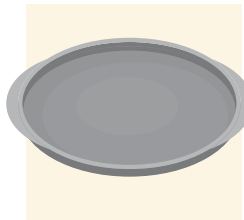
Baking Pan
(e.g., 9 x 13" pan
with sides)



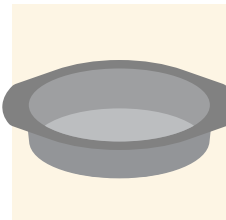
Muffin Tin



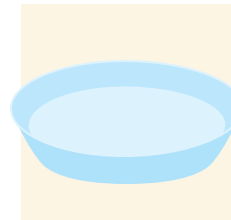
Cooling Rack



Pizza Pan



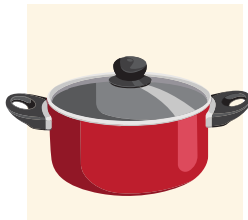
Cake Pan



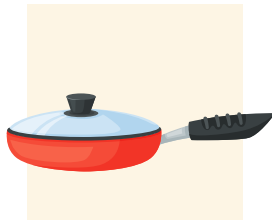
Pie Pan



Frying Pan



Pot



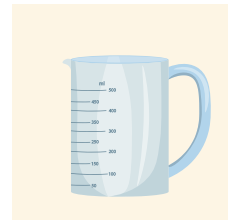
Skillet (has lid)



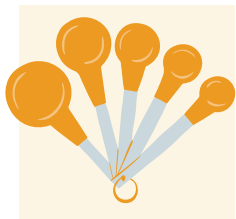
Griddle



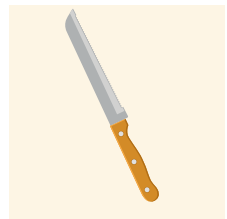
Dry Measuring
Cups



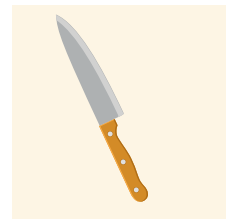
Liquid Measuring
Cups



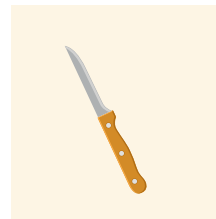
Measuring
Spoons



Bread Knife



Chef's Knife



Paring Knife



Cutting Board



Spatula (Turner/
Flipper)

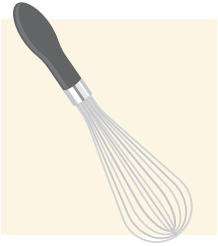


Scrub Brush



Peeler

EQUIPMENT LIST



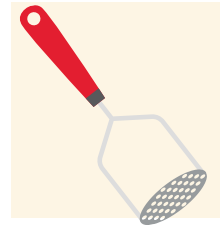
Whisk



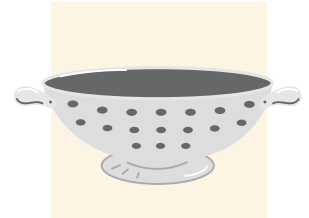
Grater



Mixing Spoon



Potato Masher



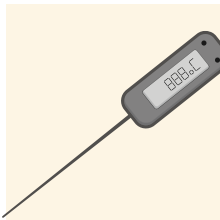
Colander



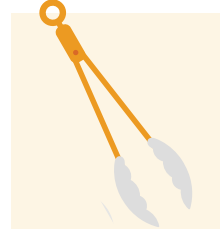
Wire Sieve



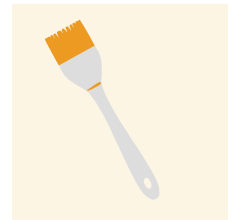
Ladle



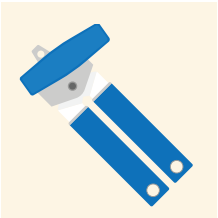
Food Thermometer



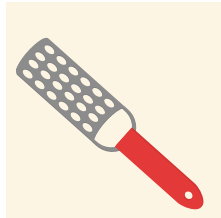
Tongs



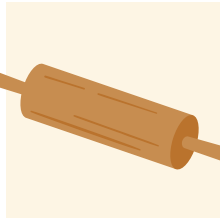
Pastry Brush



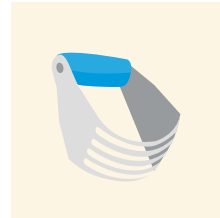
Can Opener



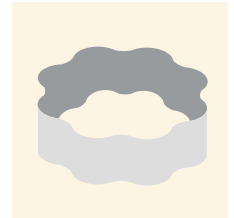
Zester



Rolling Pin



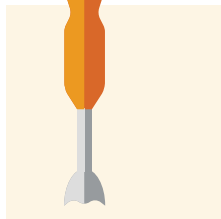
Pastry Blender



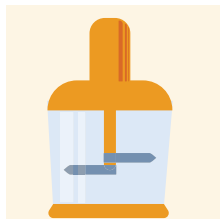
Cookie Cutter



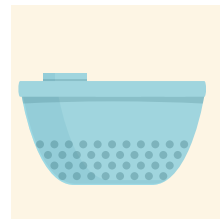
Blender



Immersion Blender



Food Processor



Salad Spinner



Electric Mixer

RECIPE SUBSTITUTIONS

Are you about to dive into preparing a meal and suddenly realize you're missing one or more of the ingredients? Don't panic because in many cases there is something you can use instead. Here is a handy chart to get you started.

I'm out of...	Replace it with...	Notes
Any fresh herb, finely cut (1 Tbsp)	1 tsp dried leaf herb or ½ tsp ground dried herb	This is a general rule but sometimes you might want a little more or a little less depending on your taste preference.
Fresh garlic (1 clove)	1/8 tsp garlic powder or ¼ tsp garlic granules	
Fresh ginger: 1 Tbsp grated 1-inch piece, fresh	Dried: 1/8 tsp ground ginger 1 ¼ tsp ground	This one is not so straight forward. Need to experiment to your taste.
Baking powder (1 tsp)	¼ tsp baking soda + 5/8 tsp cream of tartar	
Brown sugar, packed (1 cup)	1 cup granulated sugar	
Egg (1 large)	1 Tbsp ground flaxseed + 3 Tbsp water	This combination will not work in recipes where eggs provide structure (e.g., meringues, souffles, sponge cake).
All-purpose flour (1 cup)	¾ cup + 2 Tbsp whole wheat flour	This is only for regular baking (not recipes that use yeast, like in making bread).
Mustard, prepared (1 Tbsp)	1 tsp dried mustard powder	This is for cooked mixtures.
Sour cream (1 cup)	1 cup plain yogurt	
Tomato sauce (1 cup)	½ cup tomato paste + ½ cup water	

KNIFE SAFETY

Materials

- Variety of knives (e.g., bread, paring, chef's)
- Cutting board
- Cucumber (can use other fruit or vegetable as available)
- Damp cloth or paper towel

Directions

1. Show the different types of knives

- Look at the shape of the blades
- Show the sharp edge vs. the top edge
- Discuss what each type of knife is used for
 - Paring knife for detailed tasks (e.g., taking the tops off strawberries, coring tomatoes)
 - Chef's knife for most kitchen tasks (e.g., dicing onion, slicing meat)
 - Bread knife for slicing bread

2. Discuss carrying of knives

- Always point the blade to the ground
- Walk slowly
- Give warning to others that a sharp knife is coming through

3. Discuss storing of knives

- Never leave a knife near the edge of a counter where it could be knocked off
- When not in use, leave knives at the top of the cutting board
- Always store knives in a protective sleeve or with the sharp end of the blade facing down in a drawer or knife block

4. Discuss washing of knives

- Never leave knives in a sink of soapy water; place beside the sink away from the edge of the counter where they can be seen
- Wash with the sharp edge away from your hand
- Start from the bottom of the knife and slide up, then start at the bottom again
- Dry a knife the same way that you wash it (see above)

5. Discuss cutting techniques with different knives

- Sawing motion with a serrated knife
- Straight down motion to slice and dice
- Rocking motion to mince
- Bridge and claw techniques to keep hands and fingers safe

6. Cutting demonstration

- Show demonstration of using the bridge and claw technique with a cucumber
- Place a wet cloth/paper towel under board to prevent board from moving

PLANNING WORKSHEET

Theme: _____

Dietary restrictions/food allergies: _____

Leaders/volunteers: _____

Number of participants: _____

Equipment required:

Recipes:

Timing of recipes:

Groceries to purchase:

Teaching points:

Pantry/food items available on hand:



ADVENTURES IN COOKING

CERTIFICATE OF ACHIEVEMENT



_____ has successfully completed Adventures in Cooking

Leader

Date



ADVENTURES IN COOKING

A HANDS-ON COOKING PROGRAM

We are inviting kids aged 8–12 to join us for Adventures in Cooking!

This fun and hands-on cooking program will give kids the skills they need to prepare a variety of meals and snacks.



Where:

When:

For more information or to register your child, please contact:

North Bay Parry Sound District
Health Unit

Bureau de santé
du district de North Bay-Parry Sound



