

Master Chef Camp



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Schedule

Friday

7:30pm Arrival/Set-up

- As girls arrive and set up they will be given their apron to decorate

9pm Snack

9:30pm Story Time (for younger girls)

- I Will Never Not Ever Eat a Tomato by Lauren Child

10pm Bedtime

Saturday

8am Breakfast/Duties

10am Block A & Block B

12pm Lunch/Duties

2pm Block C

3pm Block D

4pm Dinner/Duties

6pm Block E

8pm Campfire (if weather permits) **OR** Movie

10pm Bedtime

Sunday

8am Breakfast

10am Packing/Duties

11am Pick-up

Activity Time Blocks

Block A	
Round Robin Activities	<ul style="list-style-type: none">▪ Make a Chef Hat▪ Vegetable Picture Platter

Block B
Outdoor Physical Activity

Block C	
Round Robin Activities	<ul style="list-style-type: none">▪ Pearl Bead Magnets▪ Healthy Food Relay

Block D
Yoga

Block E
No-Bake Dessert Challenge

Friday Night: Aprons

Materials Needed:

-) Aprons in different colors (one for each girl; we ordered from Oriental Trading)
-) Fabric paint

Instructions:

-) Each girl gets an apron that is the color of her patrol name.
-) Let them decorate with fabric paint!

Block A: Make a chef hat

Materials Needed:

-) Strips of colored paper 3 inches high (14 each of red, blue, green and yellow)
-) 1 large sheet of white tissue paper per girl
-) Glue gun
-) Tape
-) Markers
-) Stickers

Steps to Take:

1. Give each girl two strips of paper in the same color as her apron. Using the two strips measure the girls head and use glue gun to secure strips together.
2. Let girls decorate the secured band using markers
3. Girls then fit the pieces of tissue paper to the inside of their band t make the “poof”; secure with tape.



Block A: Vegetable picture platter

Materials Needed:

-) Lettuce
-) Celery
-) Baby Carrots
-) Cherry Tomatoes
-) Peppers
-) Cucumbers
-) Ranch Dressing
-) Small bowl
-) Knives
-) Cutting boards
-) Vinegar
-) Water

Steps to Take:

1. The leader running the activity talks about proper cleaning of hands and vegetables before they begin
2. Give girls a platter big enough for the picture and vegetables needed
3. Show girls picture of the skeleton and let them build it or their own on a platter



Block B: Outdoor Physical Activity

Any outdoor game will do for this round robin station! Our Pathfinders planned a game of log, tree, rock and ran the activity for us with each of the patrols.

Examples of other games that can be used;

-) Cat and Mouse
-) Freeze tag
-) Red Light, Green Light
-) Red Rover

Block C: Perler bead magnets

Materials Needed:

-) Perler Beads
-) Bases to build on
-) Wax Paper
-) Iron
-) Glue Gun
-) Magnets
-) Patterns (if we decide to use)

Steps to Take:

1. Give each girl a base to work on
2. If we are using patterns let them pick
3. Build their fruit or veggie magnet
4. Once done an adult will place wax paper over the beads and iron them to help the beads hold together.
5. Once cool use a small amount of glue to attach a magnet.



Block C: Healthy Food Relay

Materials Needed:

-) Photos of various food items
-) List of “who am I” questions
-) Large open space

Steps to Take:

1. Place photos at one end of the area and have girls line up at other end.
2. Read out one of the statements
3. Girls then have to work as a team to figure out what the item is or how to make it
4. They then run to find the proper cards at the other end of the room

Block D: Yoga

Materials Needed:

-) Pictures of Yoga positions
-) Quiet music
-) Thin mat or towel for each girl to do Yoga on (we added this to the kit list)

How-to:

-) Have the girls find a spot to set up their towel or mat
-) Start the music
-) Show girls the pictures and go through each yoga pose one by one

Block E: No-bake dessert challenge

Girls earn one ingredient for every activity they do during the day

Ingredients earned during the day:

1. Chocolate Pudding
2. Bananas
3. Box of Girl Guide Cookies (classic)
4. Grapes
5. Pretzel Sticks
6. Rice Crispies

Challenge

Working in their patrols the girls must use the ingredients they have earned in order to make a no-bake dessert that they will present to the judges. Girls will have a time limit to complete the challenge.

Cooking Utensils and Special Ingredients

Girls will earn money throughout the day by doing challenges that are displayed on a board in the main hall. The money can be then used that night to buy cooking utensils and special ingredients to make their dessert.

Judging Criteria

1. Creativity
2. Appearance
3. Taste
4. Teamwork
5. Hygiene

Each criteria is worth 10 points for a total max score of 50 points

Winners

The girls with the winning dessert will get a mini s'more trader to put on their camp blanket or hat.

Sample Menu

Friday

Snack

- Lipton Chicken Noodle Soup
- Cheese and crackers

Saturday

Breakfast

- Eggs
- Bacon
- Oatmeal and fruit

Snack

- Fruit and Granola bars

Lunch

- Tacos in a bag
- Vegetable platter

Dinner

- Pasta
- Cesar Salad
- Garlic Bread

Sunday

Breakfast

- Pancakes
- Sausages
- Oatmeal and fruit

Patrols

Broccoli Buddies

Tomato Heads

Banana Boats

Berrylicious

Skittles

Aprons were only in four colors therefore we used the extras to form the Skittles group which was multi-colored

Challenges

Each challenge had a value attached to it; we used different colored poker chips; the “money” they earned throughout Saturday helped them buy utensils and extra ingredients for the Block E Activity (see page 11)

-) Be the first to fall asleep
-) Create a poem about healthy eating or exercise
-) Don't complain for one day
-) Make a food related centerpiece for the table
-) Do a good turn
-) Don't speak during one meal
-) Sketch your favourite area at camp
-) With your patrol, carry out a 10 minute exercise before breakfast
-) With your patrol, carry out a 10 minute exercise before dinner
-) Be the first patrol to have lights out and all quiet at night
-) Keep your gear tidy for one day
-) Do your duties/chores without being told
-) Go for a walk with a friend. Find five things you have in common
-) Make up a cheer or yell for your patrol
-) Learn a new camp grace
-) Build a chair for a leader to use at campfire
-) Make up a song or rap about camp
-) Draw a map of the campsite
-) As a patrol create a 10 minute workout routine