

# Tasty Tech's Cooking Club



We want to start a cooking group. The group participants will take turns sharing their favorite recipes and learning new cooking skills. If the group gets to large we will divide the group or schedule the class in a larger location

Skill	Check next to the item you feel comfortable using
Slow Cooker	
Baking	
Cooking vegetables	
Freezer Cooking	
Fruit	
BBQ	
Dessert	
Outdoor Cooking	
Breakfast	
Make a mix	
Bread Baking	
Holiday Cooking	
Soups	
Party Recipes	
Creative Treats	



## What Is Tasty Tech's Cooking Club?

Our cooking club will consist of a group of people who gather together once a week to take on a large cooking project or explore an unfamiliar cuisine. As mentioned, the benefits are usually to share labor and ingredients.

Other reasons are that one person may have expertise in a certain area that he/she is willing to share with others, or perhaps the project asks for a very specific piece of equipment that very few people own, but someone in your group has.

But really, the main reason is that there's enormous fun to be had when a group of people gather together, roll up their collective sleeves, and get something delicious done.

As our students skills expand, we focus on "why" foods are prepared the way they are, what history may exist behind the food or method of cooking and begin creating associations to which the students may relate. Delving into the science of cooking, we will teach why food reacts the way it does in different situations and what the best approach is to obtaining the desired results.

While continuing to stress kitchen safety and healthy choices, we will challenge math skills by measurement (weight and volume), reading and understanding directions. Basic chemistry and biology of food reaction will begin to be introduced, such as what makes bread rise or why we choose different temperatures for different foods or methods of cooking.

Many opportunities for experimentation will be offered at this level.

Students are encouraged to experience different flavor and texture combinations and put their own spin on recipes. Advanced cutting (including

knives suitable for purpose). Some kitchen tools we will use are the electric mixer, safety can opener, thermometer, measuring and cutting devices.

With the increased media coverage of salmonella and hamburger disease (e. Coli) outbreaks, and other food safety issues, it's more important than ever for children to learn about food safety. Attention to food safety guidelines can add to the educational benefits of Tasty Tech's Cooking Club, while ensuring that the Club's activities don't result in food poisoning.

### Guidelines for food safety

- Insist that everyone wash their hands with soap and water. Those with long hair should tie it back to keep it away from the food. Those with short hair can keep it covered under a hat.
- Tasting is an important part of the cooking experience, but can potentially spread germs. Use spoons, wooden sticks or tongue depressors for tasting but stress that they should only be used once.

### Guidelines for kitchen safety

- Demonstrate safe cutting techniques (peel away from your hand, keep fingers away from the blade, etc.) and any other potentially dangerous tasks.
- Put masking tape on the floor to section off an area around the oven so students will know they need to be behind the line whenever the oven door is open.
- Hot stoves, knives and other appliances may cause injury, so it's important to practice safe handling of all utensils and appliances.
- Talk about the importance of preventing choking by chewing foods well, sitting straight and not talking while eating. Further detailed information on safe food handling can be found at: <https://www.servsafe.com/regulatory-information/illinois-food-handler-regulatory-changes>

That's Disgusting! Up to one billion micro-organisms can live on a moist cloth that has been left on a kitchen counter too long. And guess what happens when we use that cloth to do the dishes?



## Guidelines for being in the Club

1. **WARNING:** If your child is not following the directions of a staff member, a verbal warning will be given to your child indicating they have a choice to follow directions or “take five” where they will sit apart from the group for five minutes. Sometimes a little break from the activity will help students regroup and regain focus.
2. **TAKE FIVE:** If your child continues to choose not to follow the directions of a staff member, the staff member will let your child know that he or she needs to take five minutes apart from the group to regroup and try again.
3. **TRY AGAIN TOMORROW:** If after a verbal warning and a “take five” your child is still not following directions, your child will be asked to try again the following week. At this point, the student is not working on his or her own work and has become a distraction to others trying to work. Your child will be sent home. Parents will be called to pick up student.

If a parent cannot be reached, your child will be separated from the rest of the group until the program is over. By using the “try again next week” plan, we hope to create a calm and positive working environment for all students in the program, while assuring your child that he or she can come back the next week and try again. **If this process does not change the student’s behavior they will not be allowed to return and no refund will be given.**

Our goal is to provide a supportive environment for all students. Please be assured that every effort will be made by staff to encourage positive choices by your child, and all staff members hope to work with you to create the best possible experience for your child at the After School Program.

Thank you for your support and the opportunity to work with your child during the school year.



## Weekly Procedures

Once all the students arrive:

- Review rules – have children take turns reading the rules out loud
  - Provide each student with a copy of the recipe for the day
- Review the recipe and procedure –take turns reading the recipe out loud
  - Put on aprons and hair nets on and wear a tight fitting scarf
    - Wash hands or wear gloves when appropriate
      - Prepare the recipe
        - Set the table
  - Sit down at the table to eat

## What's in a lesson plan?

For each lesson plan you will see:

- A. The name of the snack/meal
- B. Peanut/nut allergy warning
- C. Quick reference symbols
- D. Cooking equipment needed for recipe
- E. Ingredients to purchase
- F. Nutrition education activities



# CONVERSION CHART

## MEASUREMENTS & TEMPERATURES



### CUP TO TABLESPOON TO TEASPOON TO MILLILITERS (CUP TO ML)

1 cup = 16 Tbsp = 48 tsp = 240 ml  
 3/4 cup = 12 Tbsp = 36 tsp = 180 ml  
 2/3 cup = 11 Tbsp = 32 tsp = 160 ml  
 1/2 cup = 8 Tbsp = 24 tsp = 120 ml  
 1/3 cup = 5 Tbsp = 16 tsp = 80 ml  
 1/4 cup = 4 Tbsp = 12 tsp = 60 ml  
 1 Tablespoon = 15 ml  
 1 teaspoon = 5 ml



### CUP TO FLUID OUNCES (CUP TO FL. OZ)

1 cup = 8 fl oz  
 3/4 cup = 6 fl oz  
 2/3 cup = 5 fl oz  
 1/2 cup = 4 fl oz  
 1/3 cup = 3 fl oz  
 1/4 cup = 2 fl oz



### FAHRENHEIT TO CELCIUS (F TO C)

500 F = 260 C  
 475 F = 245 C  
 450 F = 235 C  
 425 F = 220 C  
 400 F = 205 C  
 375 F = 190 C  
 350 F = 180 C  
 325 F = 160 C  
 300 F = 150 C  
 275 F = 135 C  
 250 F = 120 C  
 225 F = 107 C

