

# LOCAL CHEFS



*Cooking Workshops for  
Eating Local at Camp*



**ages  
13 +**

# What is the Local Chefs activity?

It's a tool consisting of three cooking workshops that teach your campers about foods grown locally. This activity will help them acquire cooking skills and learn more about eating healthy and local.

WHAT ARE THE  
INGREDIENTS IN  
A BURRITO?

DO YOU KNOW WHAT  
BANNOCK BREAD IS?

HAVE YOU EVER PREPARED  
A MEAL IN A CUP?

HAVE YOU EVER TASTED  
A CRANBERRY?

CAN YOU NAME AN INGREDIENT  
FOUND IN A COLESLAW?

DO YOU KNOW THE  
BEST TECHNIQUE FOR  
CRACKING AN EGG?

Once they've taken the workshops, your campers will be able to answer "yes" to all these questions and many others!

*Psssst!*

You can also view Local Chefs activities for other age groups. You'll find recipes and learn different cooking techniques. You decide which activity is best suited to your campers.



# STEP 1

## DO YOU HAVE A GOOD KNOWLEDGE OF WHAT EATING LOCAL IS?

### What does it mean to eat local?

*It means consuming foods that were grown close to where you live.*

### WHAT ARE THE BENEFITS OF EATING LOCAL FOODS?

- **For health** : Local foods are fresher and generally of better quality. But there are still processed foods produced here that are not as healthy.
- **For the local economy** : Eating local means supporting local producers and processors, and by extension our economy!
- **For society**: Buying local encourages know-how among local processors.
- **For the environment**: Ensures that foods travel a shorter distance and limits the production of greenhouse gases. Less pollution! Cool, eh?



**DID YOU KNOW?**  
FOODS TRAVEL AN AVERAGE OF  
2,500 KM BEFORE THEY REACH YOUR  
PLATE. THAT'S THE DISTANCE BETWEEN  
HERE AND FLORIDA!

**GREENHOUSE GAS EFFECT:**  
GAS THAT TRAPS HEAT WHEN RELEASED  
INTO THE ATMOSPHERE AND CONTRIBUTES  
TO GLOBAL WARMING.



## FIVE TRICKS FOR EATING LOCAL

- 1 Look at where your foods come from when you buy ingredients for your cooking workshops at the grocery store.
- 2 Start a garden and grow your own vegetables, fruits and herbs!
- 3 Visit farms and producers in your region to purchase local foods.
- 4 Present a pick-your-own activity with your campers.
- 5 Buy the ingredients for your next cooking workshop or tasting activity from local producers at a public market.

CHECK OUT THE "GARDENER'S TOOLBOX" AVAILABLE ON THE POWER UP PORTAL BEFORE HEADING TO THE GARDEN WITH YOUR CAMPERS THIS SUMMER.

HAVE YOU HEARD OF THE "MARKET AT CAMP" ACTIVITY? GO TO THE POWER UP PORTAL TO DISCOVER IT WITH YOUR CAMPERS!

## WHY ARE COOKING WORKSHOPS IMPORTANT AT CAMP?

– *Because they allow campers to discover, learn about and appreciate a variety of nutritious foods.*

– *Because they allow campers to associate healthy eating with self-realization.*

– *Because they allow campers to acquire cooking skills.*

### *Tips for quickly identifying foods produced in Quebec at the grocery store*



Look for one of the following logos on foods or their packaging.



Visit the Aliments du Québec website at [www.alimentsduquebec.com](http://www.alimentsduquebec.com). You'll find an online directory that tells you which grocery stores carry the foods you want.

*Psst!*

Psst! You might find the logo on the price tag

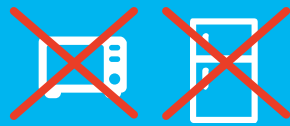


# STEP 2

## MAKE YOUR CHOICE!

*Discover three super fun recipes!*

### CRANBERRY APPLE COLESLAW



### BLUEBERRY BANNOCK BREAD OVER A CAMPFIRE



### BURRITOS IN A CUP



*SOS allergies!*

Read suggestions for replacing allergenic foods on each recipe card.



Must be refrigerated



Can be cooked in the microwave oven



No refrigeration necessary



No cooking required



# STEP 3

## BECOME AN ORGANIZATION CHAMPION!

*The following checklist will help guide you.*

*What to do before your workshop:*

### ☐ A. EQUIPMENT AND EQUIPMENT

Do you have everything you need? Check the complete recipe card to make sure.

### ☐ B. STORAGE

Are non-refrigerated and/or refrigerated spaces available to store the ingredients and prepared recipes?

### ☐ C. GROCERIES

☐ Are the foods you need on your grocery list?

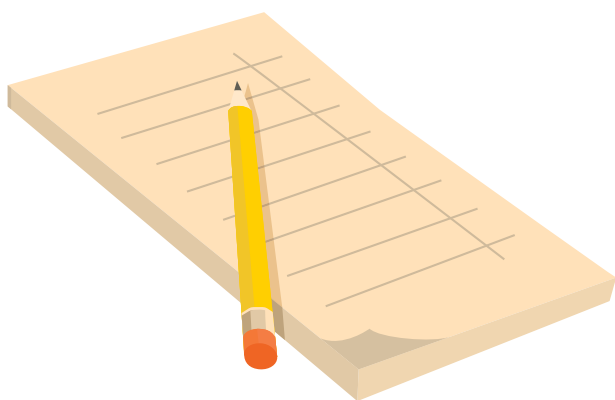
**Psst!** If your coordinator is doing the grocery shopping, give them the list!

### ☐ D. RECIPE

If possible, print copies of the recipe to post or distribute to each camper on the day of your workshop. You'll find the print version at the end of this document.

### ☐ E. NOTE TO PARENTS

Have you sent a reminder to parents about this activity? Send them the recipe so that they can inform you if their child has an allergy.



## *SOS allergies!*

Carefully read the list of ingredients for each product you use in your recipe to make sure it doesn't contain allergens. The priority allergens are named under the list of ingredients, with the mentions "Contains" or "May contain."



## 2. What to do on the day of your workshop:

### ☐ A. SPACE

Organize the space where you intend to present your workshop. It could even be outdoors! Set up the tables and chairs beforehand to save time!

**DO SOMETHING DIFFERENT!  
IF THE WEATHER PERMITS, SET UP  
OUTDOORS ON PICNIC TABLES TO PRESENT  
YOUR WORKSHOP.**

### ☐ B. WASTE MANAGEMENT

Make sure there are garbage cans, recycling bins and a compost bin (if available) at your disposal. Remind your campers where the different types of waste go at the start of the activity!

### ☐ C. CLEAN SURFACES

Thoroughly clean work surfaces using a cleaning product.

### ☐ D. EQUIPMENT

Distribute the cooking equipment. Each camper must have their own equipment in order to avoid contamination.

**HAVE YOU CONSIDERED  
COLLECTING INDIVIDUAL BINS WITH  
YOUR CAMPERS TO STORE THEIR  
COOKING EQUIPMENT?**

### ☐ E. INGREDIENTS

Distribute the ingredients to each camper so that they don't all handle the same container. And remember to take out the refrigerated ingredients right before you use them.

### ☐ F. CLEANING AND STORING

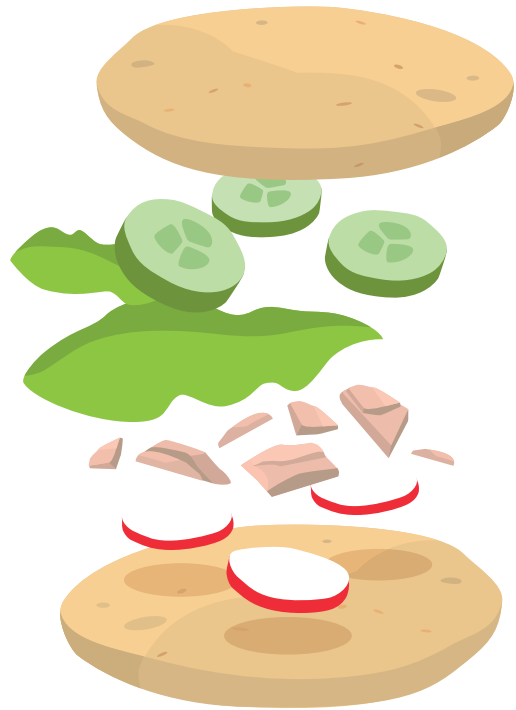
Set up a one-way course with separate places for the garbage can, recycling bin and compost bin, as well as a place where your campers can wash, dry and store their dishes individually.



# STEP 4

## TO MAKE EVERYTHING RUNS SMOOTHLY!

*Follow this guide to ensure that your workshop runs like clockwork!*



### I. WELCOME YOUR GROUP

→ To create some atmosphere in your room, do as though you were visiting the local market and ask your campers to draw the different foods in your recipe and stick them to the wall! Be original!

→ Take attendance and make sure that no one is wearing jewelry or a watch, that the campers roll up their sleeves, and that those with long hair tie it up.

→ Get to know your campers. **What do they like to eat at home? Do they help their parents prepare meals? What are their favourite recipes?** These questions will allow you to adapt your workshop accordingly.

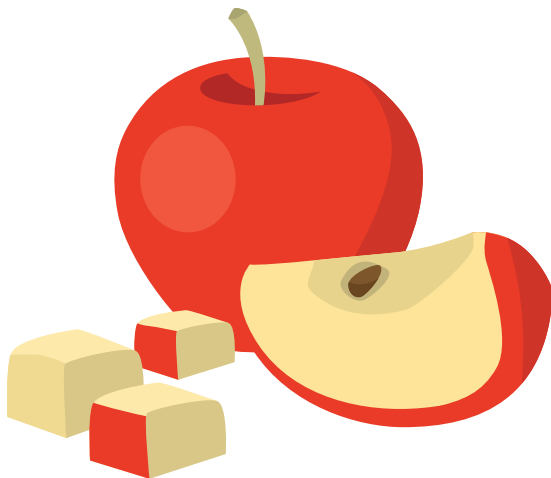




## 2. THE ABCS OF HYGIENE, CLEANLINESS AND SAFETY

→ Have you seen the Power Up poster on hygiene, cleanliness and safety in your local workshop? Show it to all your campers at the start of the activity. The poster is available on the Power Up portal at <https://portail.tremplinsante.ca/>

<https://portail.tremplinsante.ca/>



## 3. PRESENT YOUR RECIPE AND THE STAR INGREDIENT

- ✓ Show a colour photo of the recipe to your campers to get them excited about it.
- ✓ Be sure to show the steps in the recipe.
- ✓ Present the star ingredient in your recipe using the introductory questions.
- ✓ Present the other ingredients and ask your campers about them.

USE THE "DISCOVERING LOCAL FRUITS AND VEGETABLES" KIT TO LEARN MORE ABOUT THE STAR INGREDIENT IN THE RECIPE. THE KIT IS AVAILABLE ON THE POWER UP PORTAL.



## 4. WHAT'S IT FOR?

### PRESENT THE COOKING EQUIPMENT

- ✓ Review the list of equipment with your campers.
- ✓ Ask your campers if they know what each utensil or tool is used for.

WHY NOT INVENT GUESSING GAMES OR PLAY CHARADES TO HELP THEM FIND THE ANSWERS?

## 6. READY, SET, COOK!

Carefully read each step in the recipe with your group.

Ask your campers pay attention

- ✓ as you prepare the recipe step by step.
- Walk among your campers and help those
- ✓ who have more difficulty. Let them experiment, but don't complete the steps for them.
- ✓

## 5. DEMONSTRATE THE COOKING TECHNIQUES

→ All the cooking techniques you show your campers are featured in a pictogram on your recipe card. Find the pictograms on the appendix page entitled "Glossary of Cooking Techniques" at the end of the document.

*Pssst!*

The important thing is that everyone tastes the food at the same time. The faster or more skilled campers can help the others.



## 7. BOY THAT'S DELICIOUS!

- ✓ Taste your recipe together.
- ✓ Ask your campers about the recipe and the activity just completed.

- Did you enjoy this activity?
- Would you like to make this recipe at home?
- What step was the easiest? The most difficult?
- Does it taste good? What would you change in this recipe?
- Did you enjoy discovering the star ingredient? Did it taste sweet? Acidic? Bitter? Salty?
- What did you learn today?

SEE THE "TASTING EXPERT"  
TOOL FOR A SUCCESSFUL TASTING  
WITH YOUR CAMPERS.

## 8. OPERATION CLEAN-UP

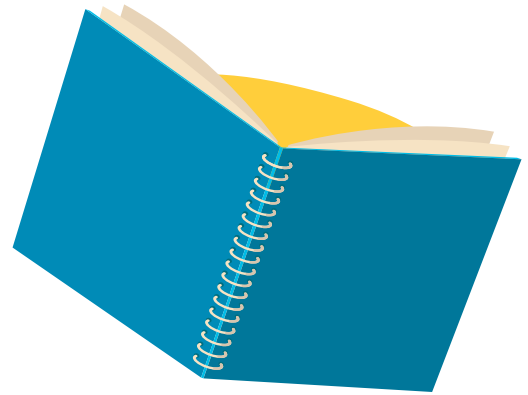
- ✓ Take the opportunity to help your campers learn the difference between garbage can, a recycling bin and a compost bin so that they sort their waste properly. You can also complete this step before you start your workshop.
- ✓ Make a sink and two bins available to your campers so that they can wash the dishes in warm soapy water.
- ✓ Guide your campers so that they can store their equipment in the proper place.



# STEP 5

## PRACTICAL GUIDE FOR A SUCCESSFUL ACTIVITY

*The following ideas  
are meant to motivate  
your campers.*



### A. INTRODUCE YOUR THEME IN A DYNAMIC WAY

→ Ask your campers what they know. The following examples will give you an idea of the types of questions you can ask to open the discussion:

- 1 Can anyone explain what eating local means? (It means eating foods that were grown, raised or processed close to where you live.)
- 2 What are the benefits of eating local? (On health, the economy, society and the environment.)
- 3 Have you ever eaten local foods? If so, which foods did you eat?
- 4 Have you ever visited a farm? A public market?
- 5 Have you ever grown a garden? If so, what did you grow?

→ Use the questionnaire game to introduce the recipe you've chosen.



*Suggestion*

Start your day with the “Market at Camp” activity available on the Power Up portal.



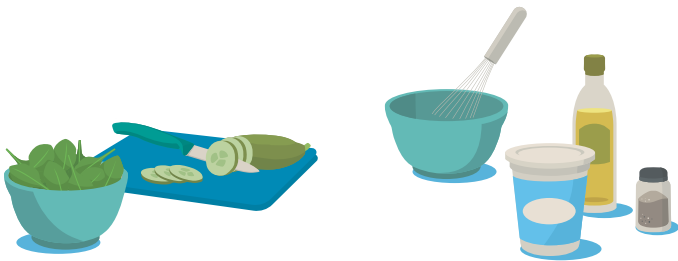
## B. COIN A RALLYING CRY

With your campers, create a rallying cry for the star ingredient in your recipe. If you get the impression you're losing their attention, use the rallying cry to bring them back to the activity.



## C. LET THERE BE MUSIC!

Is your group lacking in enthusiasm? Play some catchy music during the activity: A quick and easy trick for livening up the room! Keep the volume at a reasonable level: This is a cooking workshop, not a dance activity.



## D. CHALLENGE YOUR CAMPERS

During the activity, announce a challenge to stimulate your campers. The recipe card will give you a few ideas. Have fun while staying safe.



## E. RESPOND APPROPRIATELY WHEN A CAMPER COMMENTS ON THE WORKSHOP

### *when a camper comments on the workshop*

It's possible that a camper will make a comment to the effect that "I don't eat sugar" or "My mother is vegan, I can't eat this."

**How should you respond?** Unfortunately, there's no perfect answer. Explain that there are many different ways of cooking and eating, and that today, you're introducing the campers to a food item that you like. Remind the camper who made the comment that they are not obliged to sample the recipe if it makes them uncomfortable.

ages  
7-8

ages  
9-12

ages  
13 +

### *Don't forget*



- If you don't have time to review all the content, it's no big deal!
- Be spontaneous! Ask a question and see where it leads!
- Don't put too much pressure on yourself during the activity. Your campers will enjoy themselves, regardless of the formula.
- Return the recipe to each camper at the end of the activity so they can make it at home. They'll be proud to show off their skills to their families!

## F. ADAPT YOUR WORKSHOP TO YOUR CAMPERS

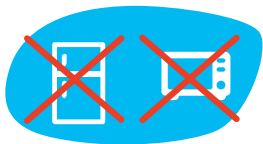
If you see that your campers are more advanced in their cooking techniques, try other recipes on the Power Up website like this delicious brownie:

<https://tremplinsante.ca/en/recipes/brownies/>

*Are the apple pieces in your coleslaw cut too big?  
Is your bannock bread not cooked enough?*

Are the apple pieces in your coleslaw cut too big?  
At the conclusion of the activity, congratulate everyone. A round of applause!





# APPLE CRANBERRY COLESLAW



## Introduce the theme

- ✓ **Did you know that...** Quebec is Canada's biggest producer of cabbage!
- ✓ **TRUE or FALSE?** Cabbage is part of the Cruciferae family. True!
- ✓ **Have you ever tried cabbage?** If so, in which recipes? Coleslaw, cabbage rolls, sauerkraut...

GREEN CABBAGE IS HARVESTED EARLIER IN THE SUMMER THAN RED CABBAGE. FOR THIS RECIPE, YOU HAVE THE OPTION OF USING EITHER GREEN OR RED DEPENDING ON AVAILABILITY!

STAR INGREDIENT:  
CABBAGE!

THE EQUIPMENT  
AND INGREDIENTS LISTED  
BELOW ARE  
FOR ONE PERSON

## PREPARATION

30 MINUTES

## PORTION

1 PORTION

## POSSIBLE ALLERGENS

NONE

## INGREDIENTS :

- 1/8 of a cabbage (red or green)
- ¼ apple
- 1 tablespoon dried cranberries
- 2 chive scapes
- 1 stalk of flat-leaved parsley
- ½ tablespoon apple cider vinegar
- ½ tablespoon plain Greek yogurt
- ½ tablespoon mayonnaise
- ½ teaspoon sugar

## EQUIPMENT

- 1 bowl
- 1 cutting board
- 1 paring knife
- 1 tablespoon
- 1 cheese grater
- 1 scissors

## PREPARATION :

1. Wash the fruits, vegetables, and herbs.
2. Grate the cabbage.
3. Core the apple.
4. Dice the apple.
5. Remove the leaves from the parsley stalk.
6. Use the scissors to finely cut the parsley and chives.
7. Mix all the ingredients in a bowl.
8. Let it rest for 30 minutes.
9. Taste your creation

What other dried  
fruits have you tried already?

Blueberries, raisins, strawberries, apples, etc.

Had you ever used  
apple cider vinegar in a recipe  
before today? Tell us  
what it tastes like!

Sour, sweet, bitter...



# LISTE D'ÉPICERIE

*All you need to make... Cranberry apple coleslaw*

If you grow herbs in your camp garden, cross off the corresponding rows to show that you've already got some! All you have to do is go pick them in the garden with your campers before your workshop!

Circle the number of participants in your workshop

Ingredients/ quantity	8	12	15	20
Red or green cabbage	1 unit	2 units	2 units	3 units
Apples	2 units	3 units	4 units	5 units
Dried cranberries	1 bag 113g	1 bag 113g	1 bag 113g	1 bag 140g
Chives	1 container	1 container	1 container	1 container
Flat-leaved parsley	1 bouquet	1 bouquet	1 bouquet	1 bouquet
Apple cider vinegar	1 bottle 500ml	1 bottle 500ml	1 bottle 500ml	1 bottle 500ml
Plain Greek yogurt	1 container 500g	1 container 500g	1 container 500g	1 container 500g
Granulated sugar	1 bag 900g	1 bag 900g	1 bag 900g	1 bag 900g
Mayonnaise	1 container 340 ml	1 container 340 ml	1 container 340 ml	1 container 340 ml





# Equipment

Circle the number of participants in your workshop

Equipment /quantity	8	12	15	20
Bowls				
Cutting boards				
Paring knives	8	12	15	20
Tablespoons				
Cheese graters				
Scissors	4	6	8	10

## Cooking techniques developed



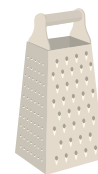
Mixing



Chopping



Cutting herbs



Grating cheese

# Tasting Section!

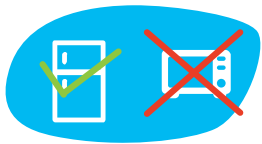
Ask your campers the following questions after their first bite:

HOW DID YOU FIND  
THE COMBINATION OF  
INGREDIENTS?

WHAT IS YOUR  
FAVOURITE INGREDIENT?

IF YOU HAD TO DO IT AGAIN,  
WHAT INGREDIENT WOULD YOU  
CHANGE?





# BLUEBERRY BANNOCK BREAD OVER A CAMPFIRE



## Introduce the theme

- ✓ **Name all the ways that you can eat a blueberry.**  
Fresh, in a jam, dried, in yogurt, in a pastry or a muffin, in a dessert like pie, covered in chocolate, etc.
- ✓ **Did you know that...**  
anthocyanin gives blueberries their blue colour?
- ✓ **Name other fruits and vegetables that are blue like blueberries:** blue grapes, bilberries, elderberries, black currants, and even some varieties of tomatoes! Cool, eh?

**STAR INGREDIENT:  
BLUEBERRIES!**

**THE EQUIPMENT  
AND INGREDIENTS  
LISTED BELOW ARE FOR  
ONE PERSON .**

**CULTURE CORNER!  
BANNOCK IS A RECIPE  
WITH INDIGENOUS ROOTS!**

## PREPARATION

**30 MINUTES**

## POSSIBLE ALLERGENS

**WHEAT**

## PORTION

**1 PORTION**

## INGREDIENTS :

- ½ cup flour
- 2 teaspoons baking powder
- 1 tablespoon sugar
- 1/3 cup water
- 1/8 cup dried blueberries

## MATERIEL

- 1 bowl
- 1 measuring cup
- 1 tablespoon
- 1 stick

## PREPARATION :

1. Mix together all the dry ingredients (flour, baking powder, sugar, dried blueberries) in a bowl.
2. Make a hole in the centre.
3. Pour the water into the hole.
4. Mix with the tablespoon.
5. Let the dough rest for five minutes.
6. Divide your dough into two or three rolls. Use some extra flour to help you if your dough is too sticky.
7. Stick your roll on the stick.
8. Cook it over the campfire or in the oven for 10 minutes at 425.

### Challenge!

Take your campers to a nearby wood to look for the perfect branches for cooking their bannocks over the campfire!

**DID YOU KNOW THAT...  
BANNOCK IS ALSO KNOWN  
AS "CAMPING BREAD"?  
REALLY MAKES YOU WANT  
TO TRY IT ON YOUR NEXT CAMPING  
TRIP, DOESN'T IT!**

### Pro-tip!

Weren't able to find dried blueberries? You can always replace them with an equal amount of dried cranberries (which are a bit cheaper too).



# GROCERY LIST

*All you need to make... Blueberry bannock bread*

Circle the number of participants in your workshop

Ingredients /quantity	8	12	15	20
Flour	1 bag 2.5kg	1 bag 2.5kg	1 bag 2.5kg	1 bag 2.5kg
Baking powder	1 container 225g	1 container 225g	1 container 225g	1 container 225g
Granulated sugar	1 bag 900g	1 bag 900g	1 bag 900g	1 bag 900g
Dried blueberries	2 x 85g bag	2 x 85g bag	2 x 85g bag	2 x 85g bag

## Equipment

Circle the number of participants in your workshop

Equipment /quantity	8	12	15	20
Bowls				
Measuring cups				
Tablespoons	8	12	15	20
Teaspoons				
Sticks/branches (if cooking over an open fire)				



## Cooking technique developed



Mixing

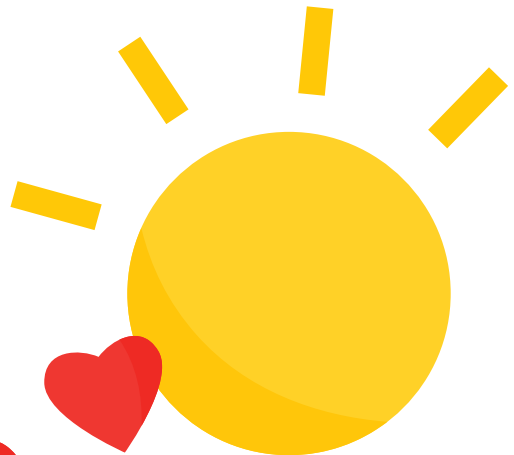
## Tasting Section!

Ask your campers the following questions  
after their first bite:

DO YOU LIKE HOW  
BANNOCK TASTES?

WERE YOU EXPECTING THIS  
TASTE? THE TEXTURE?

IF YOU HAD TO DO IT  
AGAIN, WHICH INGREDIENT  
WOULD YOU REPLACE  
BLUEBERRIES WITH?





# BURRITOS IN A CUP



STAR INGREDIENTS:  
TOMATO, CORN,  
AND RED PEPPER!

## Introduce the theme

- ✓ Guess where the burrito recipe comes from! Mexico!
- ✓ Did you know that... Most of the corn grown in Canada is used as animal feed?
- ✓ TRUE or FALSE? Similarly to tomatoes, peppers grow like fruit. True! However, they are most often used in savoury recipes, just like vegetables.

## SOS allergies

One of your campers has a wheat allergy or is gluten intolerant? It couldn't be more simple, just substitute corn tortillas for wheat tortillas and you're all set! If one of your campers is lactose intolerant, pick up a lactose-free cheese at the grocery store!

## PREPARATION

15 MINUTES

## PORTION

1 PORTION

## POSSIBLE ALLERGENS

WHEAT, MILK

## COOKING TIME

1 MINUTE 30 SECONDES

## INGREDIENTS :

- 1 small whole wheat tortilla
- 2 eggs
- 1/8 red pepper
- 1 tablespoon of grated mozzarella cheese
- 1 tablespoon of canned corn, drained
- 1 teaspoon green onion (or chive)
- pinch of chili powder
- pinch of smoked paprika
- pinch of salt and pepper

## PREPARATION :

1. Wash the vegetables and herbs.
2. Put the tortilla in the centre of a microwave-safe cup and mold it around the inside of the cup.
3. Crack the eggs and beat them with a fork.
4. Dice the red pepper.
5. Add the red pepper, cheese, corn, chili powder, and smoked paprika.
6. Add the salt and pepper.
7. Use the scissors to finely cut the chives over the cup.
8. Mix well making sure to not make a hole in the tortilla.
9. Cook in the microwave oven for around one and a half minutes.  
If needed, continue cooking in 20 second intervals until the egg is done.
10. Add the garnish and taste!

## GARNISH

- 1 tablespoon salsa
- 1 tablespoon plain Greek yogurt or 2% sour cream
- 3 leaves coriander, finely chopped

## EQUIPMENT

- 1 cutting board
- 1 paring knife
- 1 cup
- 1 tablespoon

Frozen or fresh corn are  
both good options too!



# GROCERY LIST

*All you need to make...Burritos in a cup*

If you grow herbs in your camp garden, cross off the corresponding rows to show that you've already got some! All you have to do is go pick them in the garden with your campers before your workshop!

Circle the number of portions you'll need

Ingredients/ quantity	8	12	15	20
Whole wheat tortillas	8 units	12 units	15 units	20 units
Egg	2 dozen eggs	2 dozen eggs	3 dozen eggs	4 dozen eggs
Red pepper	1 unit	1 unit	2 units	3 units
Chive (or green onion)	1 container	1 container	1 container	1 container
Grated mozzarella cheese	1 bag 320g	1 bag 320g	1 bag 320g	1 bag 320g
Canned corn	1 can 199ml	1 can 341ml	1 can 341ml	1 can 540ml
Chili powder	1 pack 100g	1 pack 100g	1 pack 100g	1 pack 100g
Smoked paprika	1 pack 95g	1 pack 95g	1 pack 95g	1 pack 95g



Circle the number of participants in your workshop

Equipment /quantity	8	12	15	20
Paring knives				
Cutting boards				
Cups	8	12	15	20
Tablespoons				
Forks				

### Cooking techniques developed



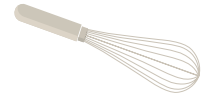
Cracking an egg



Mixing



Cutting herbs



Beating/whisking

## Tasting Section!

Ask your campers the following questions  
after their first bite:

HOW DO YOU FIND  
THE COMBINATION OF  
INGREDIENTS?

DO YOU LIKE MAKING  
RECIPES IN A CUP?

IF YOU HAD TO DO IT AGAIN,  
WOULD YOU CHANGE CERTAIN  
INGREDIENTS?



# GLOSSARY OF COOKING TECHNIQUES



Cracking an egg



Cutting herbs



Chopping



Mixing



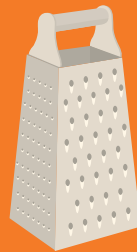
Measuring



wash



Beating/whisking



Grating cheese

*Not sure you have a good knowledge  
of cooking techniques?*

Visit the video section of the Power Up portal to view the capsules and learn more. You can also use the visual tool entitled My cooking techniques, which you can print and place on the tables to remind you what to do and how to show the campers during the workshop.





# FROM CAMP TO HOME



Distribute these three simplified cards to your campers during the workshop so that they can make the recipe at home.

On the reverse side of the recipe, campers and their families can view the seek & find activity that they can play at the grocery store!

## Apple cranberry coleslaw

Preparation: 30 minutes  
Portions: 4  
Possible allergens: none

### Ingredients:

- ½ green (or red) cabbage
- 1 apple
- 4 tablespoons dried cranberries
- 8 chive scapes
- 4 stalks flat-leaved parsley
- 4 teaspoons apple cider vinegar
- 2 tablespoons plain Greek yogurt
- 2 tablespoons mayonnaise
- 2 teaspoons granulated sugar

### Equipment:

- 1 bowl
- 1 cutting board
- 1 paring knife
- 1 tablespoon
- 1 scissors

### Preparation:

1. Grate the cabbage.
2. Core the apple.
3. Dice the apple.
4. Remove the leaves from the parsley stalk.
5. Mix all the ingredients together in a bowl.
6. Let rest for 30 minutes.
7. Taste your creation.



## Blueberry bannock bread over a campfire

Preparation: 20 minutes  
Portions: 4

### Ingredients :

- 2 cups flour
- 3 tablespoons baking powder
- 1/4 cup sugar
- 1 cup water
- ½ cup dried blueberries

### Equipment:

- 1 bowl
- 1 measuring cup
- 1 tablespoon
- 1 stick

### Preparation:

1. Mix together all the dry ingredients (flour, baking powder, sugar, dried blueberries) in a bowl.
2. Make a hole in the middle.
3. Pour the water into the hole.
4. Mix with the spoon.
5. Make several small rolls.
6. Let sit for five minutes.
7. Roll the dough around a stick.
8. Cook over a campfire or on a tray in the oven for 15 minutes at 425.



## Burritos in a cup

Preparation: 15 minutes  
Portions: 4  
Possible allergens: egg, milk, wheat

### Ingredients:

- 4 small whole wheat tortillas
- 8 eggs
- 1 red pepper
- 4 teaspoons green onion
- ¼ cup grated mozzarella cheese
- ¼ cup canned corn
- 4 pinches chili powder
- 4 pinches smoked paprika
- 4 pinches salt and pepper

### Garnish (optional):

- 1 tablespoon salsa / 2% sour cream or Greek yogurt
- 3 coriander leaves, finely chopped

### Equipment:

- 4 cups
- 1 cutting board
- 1 paring knife
- 1 tablespoon

### Preparation:

1. Mold each tortilla around the inside of one of the cups to form a bowl shape.
2. Break the eggs and beat them with a fork.
3. Dice the red pepper.
4. Add the red pepper, cheese, corn, chili powder, smoked paprika, and the salt and pepper.
5. Use scissors to finely cut the chives over the cup.
6. Mix well and make sure you don't make a hole in the tortilla.
7. Cook in the microwave for around a minute and a half.
8. Add garnish if you want, and taste!



# SEEK AND FIND!



The following charades will help your campers find the star ingredients.

Apple cranberry coleslaw

**Contest alert!!!**

- Do you remember the star ingredient? If you do,
- o Quick! Go find it at the grocery store!
  - o Take a quirky photo of yourself with it.
  - o Show this photo to your counsellor.
  - o There you go, you're now entered in the contest.



Blueberry bannock bread  
over a campfire

**Contest alert!!!**

- Do you remember the star ingredient? If you do,
- o Quick! Go find it at the grocery store!
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Burritos in a cup

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