

Cook & Create

July 12, 1995

Dear Students and Parents,

Mrs. Cooper and Mrs. Lien have been busy planning and preparing an exciting week of day camp just for you. The Cook and Create Camp begins next Monday, June 19th. Please meet in the court yard at 9:00 am by using the door off the lounge or in the lounge if the weather does not allow us to be outside. The morning activities conclude at noon.

We need your help in gathering a few of the supplies. Please bring the following:

Monday - an aluminum pie plate

Tuesday

- Students who have completed grades K-2, a plastic dish pan (the pan will be returned)
- Students who have completed grades 3 & 4, a large plastic garbage can with a cover (the can will be returned)
- All, sea shells

Thursday - lint from the dryers, pressed leaves and flower petals

Friday - Y-shaped twig

If you have any questions, please feel free to call one of us in the church office, 832-6601.
Looking forward to seeing you next Monday.

Yours in Christ,

Mary Schoenknecht
Trinity Lutheran Church
Eau Claire, WI

COOK & CREATE

NAME

Day 1 ... "Beginnings"

John 1:1-3 "Before anything else existed, there was God's Son. He was the Word, and he was with God. He has always been alive and is himself God. He created everything there is. Nothing exists that he didn't make."

"We are His creation and the world His handiwork!"

Table prayer... "God is Great" (Rock & Roll)

Cook... Tortilla Crisps and Mexi Dip 'Ole

Create... Crystal Creations, The Earth, Origami, God's Eyes, Sun Silhouettes

Song... "He's the Alpha & Omega"

Game... "Belly Laugh"

Day 2... "Moldings"

Isaiah 64:8 "And yet, O Lord, you are our Father. We are the clay and you are the Potter. We are all made by your hand."

"We are the work of His hands!"

Table Prayer..."God is Great" (Flintstones)

Cook...Bread Pretzels, Tropical Fruit Pops

Create...Sand candles, Soap carving, Bird baths

Songs..."Open Our Ears"

Game..."Mold-a-person"

Day 3..."Flavorings"

Mark 9:50b "So don't lose your flavor! Live in peace with each other."

"We are the salt and light. Our charge is to 'flavor' the earth."

Table Prayer..."Johnny Appleseed"

Cook ...Speckled Rice, Hidden Treasure Cake

Create...Constellation Viewer, Salt paint, Salt art, Bandanna

Song..."Salt & Light" (from the Loft)

Game...Food Twister

Day 4..."Blendings"

1 Corinthians 12:13 "The Holy Spirit has fitted us together into one body"

"Our spirits blend in the body of Christ"

Table Prayer..."Be Present at Our Table Lord" (Adam's Family)

Cook...Blender drinks, Mint Chocolate Moo, Cow in the Apple Orchard, Purple Cow, Peanutty Shake, Shimmering Fruit Salad, Pudding Sicles

Create...Blended Paper, Seed Mosaic, Goop

Song...Fruit Cocktail Song

Game...Tummy Tango

Day 5..."Journeyings"

Isaiah 6:8 "Then I heard the Lord speaking. "Whom shall I send as a messenger to my people/" he asked. "Who will go and speak for me?" And I said, "Lord, I'll go! Send me."

"We are on a continuous journey...growing in God's family.

Table Prayer..."Thanks Be to God"

Cook... "Stuff-A-Sandwich"

Create... Twig weavings, Bark Rubbings, Rolled Paper Bead
Necklace, Wormery, Bubble Blowers

Song... "Here I Am Lord"

Game... Obstacle Course

Cook & Create Day 1

"Beginnings"

John 1:1-3 Before anything else existed, there was God's Son. He was the Word,
and He was with God. He has always been alive and is Himself God. He created
everything there is. Nothing exists that He didn't make.

We are His creation and the world His handiwork!

Table prayer . . . God is Great (Rock & Roll)

Cookbook

Cook:

Separate into 2 age groups (2 stations for 2 recipes. At each station, 3 groups of 3,
and 3 groups of 2 = 15 children)

Tortilla Crisps . . . x 6 Cookbook pg. 18

Food supplies:

12 6" corn tortillas
Vegetable oil spray
Salt

Equipment:

Cutting board
6 Measuring spoons
6 Pizza cutters
6 Baking sheets
6 Oven mitts
6 Cooling racks
Plastic bags

Mexi Dip 'Ole . . . x 6 Cookbook pg. 20

Food supplies:

Vegetable oil spray
1 9 oz. bean dip (no lard)
3 green onions (scallions)
1 c. grated low fat cheddar cheese
2-3 small tomatoes
6 tbsp. lite sour cream
sprigs of parsley

Equipment:

6 9 in. shallow ovenproof dish
6 Can openers
6 Rubber spatula
12 Cutting boards
6 Kitchen scissors
6 Measuring cups
6 Small bowls
6 Small sharp knives
6 Oven mitts
6 Cooling racks
6 Measuring spoons

Create:

5 stations with 5 Create activities set up for choice, move at own pace

Crystal Creations . . . x 30 Kid's Create pg. 108

Supplies:

Alum. pie pans
6-7 Charcoal briquettes
6 tbsp. laundry bluing
6 tbsp. water
1 tbsp. ammonia
Food coloring

Equipment:

6 Spoons
6 Large mixing containers
6 Covered containers
6-10 Eye droppers

The Earth . . . x 30 Kid's Create pg. 88

Balloon
String
White glue
Construction paper

Equipment:

Bowls for glue
Paper clips for hanging

Origami . . . x 30

Supplies:

Variety of paper types
Examples of origami ideas

Equipment:

None

God's Eyes . . . x 30

Supplies:

Popsicle sticks
Yarn

Equipment:

2-3 Hot glue guns

Sun Silhouettes . . . x 30

Supplies:

Paper
Markers
Pencils

Music:

He's the Alpha & Omega

P.E.

Belly Laugh

Cook & Create Day 2

"Moldings"

Isaiah 64:8 "And yet O Lord, you are our Father. We are the clay and you are the Potter. We are all made by Your hand."

We are the work of His hands:

Table prayer . . . God is Great (Flintstones)

Cook:

Set up first for bread molding, 3 tables with 10 children each, rolling and molding their dough, to be baked for 15 minutes. While baking make second recipe, 8 groups (6 groups of 4 and 2 groups of 3)

Bread pretzels . . . x 3

Pretzel Dough:

1 1/2 # recipe

3/4 c. water
1 large egg
3/4 tsp. salt
3 c. bread flour
4 tsp. sugar
2 tsp. yeast

Bread maker dough cycle, 2 hr. 25 min.

Give clump of dough to each child on wax paper; let them mold the clump. Brush each pretzel with mixture of 1 large egg and 1 tbsp. water. Shake on coarse salt or other seasonings, if desired. Bake for approx. 15 min. Dip in toppings: squirt cheese, cream cheese, butter, etc.

Supplies:

Flour
Sugar
Salt yeast water

Equipment:

3 Bread makers
Wax paper
3 Rolling pins
6 Cookie sheets
6 Cooling racks
6 Oven mitts

Tropical Fruit Pops . . . x 8 Cookbook pg. 81

8 groups (6 groups of 4 and 2 groups of 3)

Supplies:

1 3 oz. strawberry gelatin
1/2 c. boiling water
1 tbsp. lemon juice
1 20 oz. can pineapple chunks in juice (undrained)
1 ripe banana

Equipment:

3 Sets of measuring cups
8 2-cup glass measuring cups
8 Mixing spoons
6 Electric blenders
8 Measuring spoons
8 Can openers
8 Table knife
Little plastic cups
Aluminum foil
30 Popsicle sticks

Create:

Separate into 2 age groups, K-2, stations for 2 activities, move at own pace

Sand candles . . . x 15 Nature Crafts for Kids, pg. 73

Supplies:

Sand
Paraffin or beeswax
Water

Seashells
Old crayons
Candle wicking, 4 in. longer than size of candle
Big paper clips

Equipment:

5 Plastic dishpans for sand
? Cardboard boxes for sand
5 Spray bottles
Tin cans to melt paraffin
Pan
Oven mitts
15 Soft paintbrushes, for brushing off loose sand

Soap Carving

Supplies:

Bars of soap

Equipment

15 kid knives, carving knives, plastic knives

Bird Baths . . . x 15 Nature Crafts for Kids, pg. 12

Supplies:

Plastic wrap
60 pound bag of sand-mixed concrete
water
12 x 12 inch piece of chicken wire or hardware cloth
Broken pieces of crockery, glass, seashells, etc. for decoration

Equipment:

2 Shovels
15 Large plastic garbage cans with lid
? Trowel
? Metal shears or wire cutters
Large container for mixing concrete

Music:

Fruit Cocktail Song
Open Our Ears

P.E.:

Mold-a-person
Cook & Create Day 3

"Flavorings"

Mark 9:50b "So don't lose your flavor. Live in peace with each other."

We are the salt and light. Our charge is to "flavor" the earth.

Table prayer . . . Johnny Appleseed

Cook:

6 groups of 5 each, mixed age groups

Speckled Rice . . . x 6 Cookbook, pg 68

2 1/2 tbsp. margarine
1 c. uncooked long grain rice
2 2/3 c. water

"Specklings"

Butter
Cinnamon
Salt/pepper
Shredded cheese
Instant pudding
Mandarin oranges

Crushed pineapple

Equipment:

6 Large saucepans or
6 Large baking dishes
6 Sets of Measuring cups
6 Wooden spoons
6 Can openers
6 Measuring spoons
7 Containers for "specklings" (special flavorings)

Hidden Treasure Cake . . . x 2 Cookbook, pg. 83

Supplies:

2-3 ripe bananas
2/3 c. margarine
1 1/2 cups sugar
3 eggs
3/4 c. lowfat buttermilk
1 tbsp. vanilla extract
3 c. flour
2 tsp. baking powder
1/2 tsp. salt
1 15 oz. can pineapple tidbits
2 8 1/2 oz. cans sliced peaches
Vegetable oil spray

Glaze

1/3 c. fresh lime juice (1 large lime)
1/2 c. sugar

Equipment:

2 Small shallow bowls
2 Forks
2 Measuring cups
2 Medium size bowls
2 Small sharp knives
2 Small microwave bowls/or saucepans
Wax paper
2 Measuring spoons
2 Electric mixers
2 Wire strainer
2 Rubber spatula
2 Can openers
2 13 x 9 baking pans
2 Oven mitts
2 Wire cooling racks
2 Small bowls
2 Table knives
2 Spoons

Create:

4 stations for 30 children, demo and move at your own pace

Constellation Viewer . . . x 30 Nature Crafts for Kids, pg. 133

Supplies:

Pringles cans/plastic tubes/mailling tubes
Tracing paper
Paper
Glue
Tape
Sequins
Plastic fabric paint
Things to decorate the outside
Large permanent markers

Equipment:

6 Pencils
6 Scissors
6 Large nails
6 Hammers

Sky map/guide to constellations

Salt Paint . . . x 30 Explore & Create, pg. 11

Supplies:

Tempera paint
Liquid starch
Salt
Heavy paper/cardboard

Equipment:

Several brushes
6 Spoons
6 Pails

Salt Art . . . x 30

Supplies:

Salt
Dry tempera paint
Baby food jars with lids

Equipment:

6 Spoons
6 Cookie sheets
8 Containers for colored salt

Bandana . . . x 30 Nature Crafts for Kids, pg 100

Supplies:

Walnuts/or other nuts
Handkerchiefs 18" square
Newspaper
Ink pads

Equipment:

2 Iron
Old rags or piece of foam

Music:

Salt & Light (from the Loft)

P.E.:

Food Twister

Cook & Create Day 4

"Blendings"

1 Cor. 12:13 "The Holy Spirit has fitted us together in one body."

Blended together we are united as one body to serve our Lord.

Table prayer . . . Be Present At Our Table, Lord (Addam's Family melody)

Cook:

3 different creations

Blender drinks . . . x 2 Kid's Snacks, pg. 31

9 groups (6 groups of 3, 3 groups of 4)

Mint Choc. Moo

1 pint chocolate ice cream
1 c. milk
1 tsp. vanilla
1/4 tsp. peppermint extract

Cow in the Apple Orchard

1 3/4 c. milk
1/2 6 oz. can frozen apple juice concentrate
1 c. vanilla ice cream
1/2 tsp. ground cinnamon

Purple Cow

1 c. milk
2 c. ice cream
1/2 c. grape juice

Equipment:

9 Blenders
9 Measuring cups
9 Measuring spoons
9 large spoons
30 glasses for sampling

Shimmering Fruit Salad . . . x 7 Cookbook, pg. 32

Supplies:

1 21 oz. can peach pie filling
1 medium orange
1/2 large red Delicious apple
1 c. cantaloupe chunks
1 c. seedless green grapes
1/2 c. seedless red grapes
1 medium banana

Equipment:

7 Can openers
7 Large bowls
7 Rubber spatulas
7 Small sharp knives
Serrated knife
7 Cutting boards
7 Measuring cups
7 Forks
Plastic wrap
7 Soup spoons

Cool Treats . . . x 3 Puddles & Wings, pg. 150

Peanutty Shake

Supplies:

3 tbsp. peanut butter
2 c. vanilla ice cream
1 c. milk

Pudding Sicles

3 flavors instant pudding
Milk
Popsicle sticks

Supplies:

3 Large bowls
3 Spoons
30 Plastic cups
30 Popsicle sticks

Create:

3 stations for 3 activities, demo and move at own pace

Blended Paper . . . x 15 Nature Crafts, pg. 92

Supplies:

A piece of window screen material 12 x 14 or larger
Plain wooden picture frame 8 x 10 or larger
Scraps of old paper

Dryer lint
Water
Pressed leaves or flower petals
Old newspapers
Tinsel
Shiny ribbons
Glitter
Confetti

Equipment:

5 Blenders
5 Screens
Staple gun
Plastic dishpans
5 Rolling pins
Metal shears for cutting screen
Rags

Seed Mosaic . . . x 30 Nature Crafts for Kids, pg. 96

Supplies:

Piece of heavy cardboard
Pencil
White glue
Variety of seeds

Goop

Supplies:

2 parts white glue
1 part liquid starch
Tempera paint to color

Equipment:

Plastic dishpans

Music:

Fruit Cocktail Song

P.E.:

Tummy Tango

Cook & Create Day 5

"Journeys"

Isaiah 6:8 "And I said, "Lord, I'll go! Send me."

We are on a continuous journey, growing in God's family

Table prayer . . . Thanks Be to God

Cook:

"Stuff-A-Sandwich" for the Journey . . . x 30

Assembly line for making sandwich

Supplies:

1/2 pita bread
Assorted vegetables
Tomatoes
Peanut butter
Shredded cheese
Assorted fruit

Equipment:

6 Cutting boards
30 Knives for spreading
Bowls for sandwich ingredients
Baskets for pita bread

Create:

4 stations for twig weaving, bead necklaces, wormery, bubble blowers

Twig weavings . . . x 30 Nature Crafts for Kids, pg. 137

Supplies:

A forked tree branch
Yarn or string
Raffia
Long grasses
More string
Feathers
Seed pods
Long strips of bark
Moss seashells
Plastic bags

Equipment:

30 Forks for packing

Bark Rubbings . . . x 30 Kids Create, pg. 29

To be done on "journey" around church to find materials for twig weaving

Supplies:

Tree
Piece of construction paper
Masking tape
Crayons

Rollled Paper Bead Necklace . . . x 30 Kids Create, pg. 29

Supplies:

Colored construction paper
Colored magazine pages
Wallpaper
White glue
String or yarn

Equipment:

30 Scissors
30 Pencils

Wormery . . . x 30 Nature Crafts for Kids, pg. 46

Supplies:

30 Quart-size glass jar
Sand
Dark garden soil
Worms
Rotted leaves compost
Spray bottle of water
Black construction paper to wrap jar
Cellophane tape
Colored glue

Equipment:

6 Trowels/scoops
15 Scissors

Bubble Blowers . . . x 30 Kids Create, pg. 113

Supplies:

Liquid dishsoap
Water
Thin wire

Equipment:

15 Flat cake or pie tins
Wire cutters
Large container for mixing bubble mixture

Music:

Here I Am Lord

P.E.:

Obstacle course