

Summer Camp Registration

Child's Name _____ Age _____

Address _____

Phone _____

Parent's Name _____

Please indicate which session(s) you wish to register for:

_____ Kitchen Basics 101 - Cooking Like the Pros 6/15 - 6/19

_____ International Cooking 6/22 - 6/26

_____ Healthy Eating All Day 6/29 - 7/3

_____ Kitchen Basics 101 - Cooking Like the Pros 7/6 - 7/10

_____ Pastry & Baking 7/13 - 7/17

_____ International Cooking 7/20 - 7/24

_____ Preparing a Five Course Meal 7/27 - 7/31

_____ Iron Chef Teen Camp 8/3 - 8/7

_____ Pastry & Baking 8/10 - 8/14



2009

Summer Cooking Camps

841 Perry Rd.

Apex, NC 27502

(919) 303-3119

www.dinnersavvy.com

Kitchen Basics 101 - Cooking Like the Pros

Ages 8 - 12 **6/15 - 6/19** **7/6 - 7/10**

Day 1: Introduction to kitchen skills, culinary terms, cooking equipment and safety. Rachael Ray will be the featured "pro".

Day 2: Knife skills. Bobby Flay will be the featured "pro".

Day 3: Studying flavor combinations. Emeril Lagasse will be the featured "pro".

Day 4: "Fast food" at home featuring Giada DeLaurentis.

Day 5: Put everything you've learned into practice during an Iron Chef competition.

Pastry & Baking

Ages 8 - 12 **7/13 - 7/17** **8/10 - 8/14**

Day 1: Introduction to the baking kitchen. Important tools and equipment, importance of accurate measuring, etc. Cookies and Bars

Day 2: Batter cake

Day 3: Decorating techniques

Day 4: Pies & Tarts - savory

Day 5: Pies & Tarts - sweet

International Cooking

Ages 8 - 12 **6/22 - 6/26** **7/20 - 7/24**

Day 1: Introduction to kitchen skills, culinary terms, cooking equipment, dining etiquette and cultural differences.

Day 2: Asian (Japan, China, Thailand)

Day 3: France, Italy

Day 4: Spain, Portugal, Mexico

Day 5: Pacific Islands/Caribbean

Healthy Eating All Day

Ages 8 - 12 **6/29 - 7/3**

Day 1: Healthy breakfast ideas; focus on whole grains.

Day 2: Snacks; focus on filling vs. empty calories.

Day 3: Lunch; focus on vitamins found in fruits and veggies.

Day 4: Supper; focus on healthy oils and lean meats.

Day 5: Dessert; focus on healthier but tasty sweet treats.

Preparing a Five Course Meal

Ages 8 - 12 **7/27 - 7/31**

Day 1: Kitchen skills, culinary terms, cooking equipment and safety. Appetizers.

Day 2: Soups and Salads

Day 3: Main Course

Day 4: Pasta and Sauces

Day 5: Dessert

Iron Chef Teen Camp

Ages 13 & up **8/3 - 8/7**

Our older "chefs" will put their cooking skills to the test each day with a new secret ingredient.

All camps are from 9:00 a.m. - 12:00 p.m.

Cost is \$250 per session and includes all supplies and daily snacks.

Camp size is limited to 10 students per session.

Dinner Savvy reserves the right to move or cancel sessions based on enrollment.

A \$75 deposit is required to register for each session. Deposit is refundable if cancellation is made two or more weeks prior to start of camp.