

Cooking Club and Snack Sale

Let's cook up some fun! Selling snacks is a great way to raise money and awareness about your playground build!

Age Appropriateness:

- 5 and up

Key Topics:

- Cooking
- Nutrition
- Fundraising

Skills:

- Reading
- Math
- Science
- Teamwork
- Communication

Materials:

- Cookbook or computer with internet
- Kitchen with sink, microwave, stove, refrigerator,
- Cooking supplies and groceries according to recipe

Action Time:

- 2 hours

Resources:

- <http://pbskids.org/zoom/activities/cafe/>
- <http://www.easy-kids-recipes.com/>

OBJECTIVES

- To teach youth how to make their own nutritious and fun snacks.
- To sharpen reading, math, communication, and teamwork skills by cooking and selling baked goods.



Discussion

Have a group/class discussion about the basic food groups. What are your favorite snacks? Draw a big food pyramid and label where snacks fall in the basic food groups. Next select recipes. Does the Cooking Club want to have a theme for the Snack Sale? Gather recipes from healthy cookbooks or internet resources. Finally, divide youth into age groups. Assign an age-appropriate recipe to each group and have them create a grocery and supplies list based on the recipes.

Action

- Have each cooking group read recipe and ensure they have everything they will need to successfully complete the recipe.
- Each group should be allowed to complete the recipe on their own. Observe as leaders emerge! Assist groups as needed. Divide recipes into individual portions to get them ready for the Snack Sale.
- It's time for the Snack Sale! The sale location can vary; your Cooking Club can set up a table in the neighborhood, school, meetings, etc.. Kids will learn to count money and make change.

Reflection

What is one thing that you learned about cooking? What were your favorite recipes? Have youth count the money that they earned and allow them to donate it to the community.