

Week 1 of our Sunrise Summer Program - Summer Cooking with Ms. Sandhya

Dear Sunrise Families

This week at Sunrise has been all about cooking and of course eating! Our Chefs have been busy chopping, picking herbs, peeling carrots, picking peas from the pods and rolling pasta.

During **Day 1** of Camp, our Chefs decorated their own aprons and learned about the meaning of the word "Chef" and "Sous- Chef. One of our little friends mentioned that "Our parents are chefs because they cook for us!" and "Being a Chef is not easy!" Our camp started with simple Banana Pops. They crushed graham crackers and diced bananas and then rolled the bananas into the crumbles. It was a very well enjoyed snack. They were also very busy picking Parsley, Dill and Basil.



Day 2 of our Camp introduced our little friends to the idea that we eat various parts of a plant- leaf, seeds, flowers and roots. They have been enjoying identifying the part of a plant that they have been eating. We also read several books like *When you give mouse a cookie*, *Very Hungry Caterpillar* and *Strega Nona* to name a few.

Our Chefs also whipped up some Fruit Pizza. They used baked pie crust circles to spread cream cheese that they whipped with honey and then chopped the fruit to decorate the fruit pizza. We also enjoyed some finger plays using our popular "I am a Pizza" song along with some props.

Day 3 was lots of dancing and singing on food themed songs with our wonderful music teacher, Ms. Mary Jo.

The children also made some Apple Pie Cups. This was our version of an Apple Pie with all the deliciousness of this classic treat. Children chopped their own apples and crushed the graham crackers. They had a great time whipping the cream to make their home-made Whipped Cream. It was a priceless moment to see their faces when they realized how adding air changes the liquid cream into a whipped, thick treat. They used cinnamon and learned that it's a bark of a tree. They assembled their apple pie cups and seemed to enjoy eating them. We also squeezed lots and lots of lemons and limes using a reamer and made fresh lemonade!



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Day 4 was so fun because we all walked to the Moseley Mill's Farmers Market. They saw so many fresh vegetables and we brought back some fresh peas to use. It was just amazing to hear them tell us that the peas are seeds that we eat and they were so excited to try it all. Also on Day 4 we made some Bread 'Sushi'. They rolled out bread using a rolling pin to thin it out and then spread cream cheese and cheese slices. They arranged peppers and carrots and rolled it up like a sushi roll and then cut it in cylinders. We also peeled a lot of carrots on Day 4. They kept making carrot ribbons and had those ribbons for a snack. We also squeezed oranges using our hand juicer to make fresh orange juice!



Day 5 was our grand finale!! We tied all our loose ends by making Dill infused Fresh Pasta. They also used the remaining herbs that they had been picking through the week to make Fresh Herb Pesto. We hope you try the pesto on sandwiches, pasta or on any protein. Their little fingers have taken their time to pick out and wash all those delicious herbs. The Fresh Pasta was a very popular treat. They also chopped lettuce and we enjoyed fresh peas, salad and pasta for our much-awaited feast!



This concludes our Cooking Camp with a promise that a lot of fun and learning awaits in the upcoming camps! Thank you for signing up your children with us and it was our pleasure to get to spend some more time with them. We hope that they enjoyed cooking camp as much as we enjoyed having them with us. I will be sending you the recipes for Pasta, Bread Sushi, and Pesto in a separate email. Have a wonderful summer and see you soon!

Ms. Sandhya and Ms. Andrea

