



Virtual Fête du soleil - Episode 3

Journée cuisine/Chef Day

Activity Guide

Vocabulaire/Vocabulary

1. Une recette - A recipe
2. Une fourchette - A fork
3. Une cuillère - A spoon
4. Une tasse - A cup
5. Un bol - A bowl
6. Une tasse à mesurer - A measuring cup
7. Un fouet - A whisk
8. Un mélangeur - A mixer
9. Une poêle - A frying pan
10. Une spatule - A spatula

Bricolage/Craft

La peinture de guimauve/Edible Marshmallow Paint

Materials: 10 large marshmallows, water, corn syrup, food colouring,

Instructions:

1. Place marshmallows in a medium microwavable bowl, and microwave for 30 seconds. Stir in 2 tbsp of water, and microwave an additional 30 seconds. Stir until smooth. (If marshmallows aren't melted, microwave in 15 second intervals until smooth, stirring in between.)
2. Stir in corn syrup and 1 to 2 drops of desired food coloring. Use immediately. To make multiple colors out of 1 batch of "paint", divide the marshmallow and corn syrup mixture into small bowls before adding different colors of food coloring.
3. Use the paint to colour marshmallows, bread, cookies, etc.

Des pâtes vitraux/Pasta Stained Glass

Materials: Uncooked flat lasagne noodles, food colouring, rubbing alcohol, ziploc bags, clear contact paper or two sheets of stickyback paper per "window" or waxed paper, scissors, painter' tape, black Sharpie, glue

Instructions:

1. Break your lasagna noodles into pieces. There should be a variety of sizes.
2. Color your pasta: Put ziplock bag in Tupperware container to hold in place. Add 1 teaspoon rubbing alcohol, generous squeeze of food coloring, ½ package pasta (1-2 cups). Seal the bag and shake. Let sit 5-10min. Spread out pasta on paper towel to dry. Fully dry for 1-2 hours.
3. Cut out two matching sizes of clear contact paper, ours were roughly 10" x 10".
4. Remove the backing from one piece of contact paper and tape it your work surface using painter's tape. The sticky side should be facing UP.

5. Have your child place pieces of the colored lasagna on the contact paper. They can custom break pieces as necessary. Leave at least 1/4" gaps between the pieces. You may want to show them some examples of stained glass to illustrate why.

6. Remove the backing from the second piece of contact paper and gently place it on top of the finished layout. Gently burnish the gaps with your fingertips to seal.

If you're using waxed paper, place the pieces on the sheet and glue them to the waxed paper.

7. Using a wide tip Sharpie, have your child fill in the gap between the colored pieces with black for a stained glass effect.

Cuisine/Cooking

Pizza

Ingredients: round pitas or bread, pizza sause, cheese, pepperoni, pineapple, onions, mushrooms, and other desired pizza toppings

Instructions:

1. Add onion, red and green pepper in a small bowl. Season with salt and pepper. Mix Well.

2. Butter bottom part of bread and put it on parchment paper on a pan. Add tomato sauce and spread well. Put onions and peppers. Add sausage or pepperoni. Add chesse and dried parsely (optional).

3. Bake in the oven 350 for approx. 10-15min until cheese is melted.

Un concours de cuisine/A Cooking Challenge

Ingredients: five random ingredients (in the video, items used were chicken, whipping cream, grapefruit, dried tarragon leaves, and spinach.

Instructions:

1. Everyone has the same five ingredients and a limited time to make their creation

Science/Science

Empilage de nourriture/Food Stacking

Materials: Cheerios

Instructions:

Everyone has one minute to make the tallest stack of Cheerios.

Explosion de Coca-Cola et Mentos/Coca-Cola and Mentos Explosion

Materials: Coca-Cola or any carbonated beverage, Mentos

Instructions:

1. Unscrew the bottle of soda and drop four Mentos into it.

Explosion de citron/Lemon Explosion

Materials: half a lemon, food colouring, dish soap, baking soda, fork

Instructions:

1. Add a few drops of food colouring to the inside of the lemon.
2. Add a few drops of dish soap to the lemon.
3. Cover the lemon with baking soda
4. Using a fork poke the lemon and watch the baking soda react with the lemon juice.

Jeux/Games

Dodgeball de guimauve/Marshmallow Dodgeball

Materials: marshmallows, cornstarch

Instructions:

Coat the marshmallows in cornstarch. Throw them at the other players. The person with the most cornstarch mark loses.

Copie moi/Copy me

Materials: can include anything that you want the other person to copy

Instructions:

One person does actions that the other person has to follow.

Oui ou non/Yes or no

Materials: blender, any edible items

Instructions:

Ask each person a yes or no question, if the person answers 'yes' one item gets added to the blender. If the person answers 'no', the item doesn't get added to the blender. After all the questions have been answered, blend all the items together and the players must try the mixture.

Exercice/Exercise

Entraîner dans la cuisine/Kitchen Exercises

Instructions:

Exercises that can be done around the kitchen with small items.

- Reach for the sky, reach for your toes
- Arm stretch
- Shoulder presses with bottles/glasses
- Plank

- Twist jumping
- Air squats
- Tricep dips with a chair
- Lunges
- Arm circles
- Bicep curls
- Running on the spot
- Calf raises
- Countertop push-ups