



# KinderTown Summer Camp: Around the Kitchen

August 14<sup>th</sup>–August 20<sup>th</sup>  
Focus: Art, Math, and Science



## Overview

### Family Activity

**Family Time Meal:** Try something new for dinner and prepare it together. It could be as simple as having breakfast for dinner, making a new recipe you have been saving, or as adventurous as preparing a dish native to another country. Each family member should have a role in the preparation that is age-appropriate.

### Pre-Kindergarden – Early Elementary Activities

**Cloud Dough:** In a large pan or bin mix 8 cups flour and 1 cup baby oil to make homemade light and airy cloud dough. Bring out a potato masher, ice cream scoop, large serving spoon, measuring cups, measuring spoons, and other safe kitchen utensils to play with in the cloud dough. (*Art, Math, Science*)

**Salt Dough Figures:** Use a fan and cylinder made from poster board to make a homemade dancing machine for balloons. Start the fan on low, gradually increase the speed, and observe what happens. Experiment to see how many inflated balloons can “boogie” at one time. (*Science*)

**Cheese Crackers:** Place 2 cups plain corn chips in a food processor and pulse until they become coarse crumbs. Transfer the corn chip crumbs to a bowl and combine with 2 ½ cups shredded cheese. Mix well. Have your camper spoon rounded tablespoons of the mixture onto a baking sheet lined with baking paper. Flatten the mounds into circles, using the palm of your hand or the bottom of a small glass. Bake at 220° for approximately 5 minutes. Cool completely before eating. As an extension, experiment making these crackers with different cheeses. (*Math and Science*)

### Elementary Activities



**Spice Collage:** Make a spice collage on construction paper using white glue and pinches of spices available in your pantry. Label the spices and talk about what different spices are made from, what dishes they are used in, and where they come from in the world. Smell and describe the different spices. Which do you like best?



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## Overview Continued

### Elementary Activities (continued)

- 🍷 Homemade Ice Cream:** Make a personal portion of vanilla or chocolate ice cream using ingredients and items from around your kitchen. ➡ [See Activity Guide | Page 3](#)
- 🍷 Freezer Experiment:** Place small amounts of different liquids found around the kitchen into small paper cups, an ice cube tray, or mini-muffin pan. Suggestions are dish soap, milk, water, vinegar, juice, creamy salad dressing, chocolate syrup, mustard, and honey. Have your camper predict the order in which the liquids will freeze. Place the containers in the freezer. Set the time for regular intervals to check (suggested time is ever 30-45 minutes). Have your camper make observations and discuss what is happening. If some liquids do not freeze right away, have your camper check back the next morning. Did all the liquids freeze? Why or why not?

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### Upper Elementary Activities

- 🍷 Food Safety:** Learn about food safety and nutrition from the Food and Drug Administration by visiting <http://www.nutrition.gov/life-stages/children/kids-food-safety> Games and free print activities are available.
- 🍷 Design a Dream Kitchen:** Create a scale drawing of your dream kitchen. Come up with a budget and research the different items needed online. Create a list of safety rules for a younger sibling for your new dream kitchen.
- 🍷 Testing pH with Red Cabbage Juice:** Make your own pH indicator solution from red cabbage. Then use the solution to experiment with the acidity of common household items. Wear gloves to keep your skin safe and do not taste any of the results. ➡ [See Activity Guide | Page 5](#)



## Directions

- ➔ Make a personal portion of vanilla or chocolate ice cream using ingredients and items from around your kitchen.  
*Note: This recipe makes one serving of ice cream.*

- 📷 Post a photo on social media with **#KTkitchen** of your homemade ice cream.
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## Materials

- ➔ 2 resealable sandwich-size plastic bags
  - ➔ 1 resealable gallon-size plastic bag
  - ➔ ½ cup of milk or half-and-half
  - ➔ ½ teaspoon vanilla (*for vanilla ice cream*) or ¼ teaspoon vanilla and 1 teaspoon chocolate syrup (*for chocolate ice cream*)
  - ➔ Ice cubes (enough to fill ½ a resealable gallon-size plastic bag)
  - ➔ ½ cup rock salt
  - ➔ Towel or winter gloves (optional)
  - ➔ Bowl, spoon, or ice cream cone
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## Directions

1. Pour ½ cup of milk or half-and-half into one resealable sandwich-size plastic bag.
2. Add the sugar and the ingredients for either vanilla or chocolate flavored ice cream to the bag with the milk.
3. Gently squeeze the air out of the bag with the ingredients and then seal the bag.
4. Put the bag filled with the ingredients into another sandwich-sized bag and seal. Place the bag inside one gallon-sized bag.
5. Add the ice and rock salt and seal the bag.
6. Shake, squeeze, and toss the bag around for approximately 15-20 minutes. Have your camper wear gloves or wrap a towel around the outside of the bag if it becomes too cold for him to hold. The ice cream is ready when it is soft but still slightly solid.
7. Serve the ice cream in a bowl or cone or simply eat it right from the bag.



## Directions

- ➔ Make your own pH indicator solution from red cabbage. Then use the solution to experiment with the acidity of common household items.
- 📷 Post a photo on social media with **#KTkitchen** of your test results.

## Materials

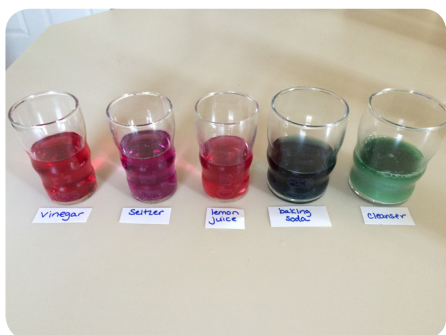
- ➔ Red cabbage (chopped)
- ➔ Pot of water that has been boiled
- ➔ One large glass liquid measuring cup or other glass container
- ➔ Small glass containers (one for each item to be tested)
- ➔ Several items to test such as baking soda, lemon juice, vinegar, cream of tartar, seltzer water, laundry detergent, and milk

## Directions

1. Soak the red cabbage in the boiling water for about 10 minutes until it turns purple.
2. Strain the juice from the cabbage into separate container. Allow the juice to cool.
3. Explain that red cabbage juice contains a pigment molecule called flavin (an anthocyanin). This water-soluble pigment is a natural pH indicator that changes colors according to the acidity of a solution. Very acidic solutions turn anthocyanin a red color. Neutral solutions result in a purplish color. Basic solutions appear in greenish-yellow. As a result, it is possible to determine the pH of a solution based on the color it turns the anthocyanin pigments in red cabbage juice.
4. Pour about a 1/8- 1/4 cup of the red cabbage juice into each of the small glass containers. Note: use separate containers for each household solution.



5. Add about a 1/2-1 teaspoon of a solution to the red cabbage juice indicator until a color change is obtained. Observe the results.



6. Optional: record the results on a chart.