



About The **Cooking Camp**

Our focus is to introduce kids to new and exciting experiences with foods. Research has shown the importance of "hands on" experiences with foods and consumption by children, especially fruits and vegetables.

The MSU Extension Service and the Department of Food Science, Nutrition, and Health Promotion are excited to host this camp for kids to experience local food production and food preparation, while building culinary skills.

We hope to share our passion for the art and science of cooking and food preparation.



Contact Info & Location

MSU - Starkville Class

Dr. Courtney Crist

Phone: 662-325-0852 or 662-325-3200

Email: cac400@msstate.edu

Camp Location: MSU - Moore Hall
60 Garner Circle
MS State, MS 39762



**MISSISSIPPI STATE
UNIVERSITY**

EXTENSION

DEPARTMENT OF FOOD SCIENCE,
NUTRITION AND HEALTH PROMOTION

Discrimination based upon race, color, religion, sex, national origin, age, disability, or veteran's status is a violation of federal and state law and MSU policy and will not be tolerated. Discrimination based upon sexual orientation or group affiliation is a violation of MSU policy and will not be tolerated.



Culinary Arts **Kids Camp**

Mississippi State University
Extension Service

June 17 - 21, 2024

Rising 4th-6th Graders

9AM - 3PM Each Day

June 24 - 28, 2024

Rising 7th - 12th Graders

9AM - 3PM Each Day



A culinary arts cooking camp focused on teaching children about local foods, kitchen basics and easy recipes. We hope to introduce children to the art and science of cooking and food preparation.



Camp Goal

To provide an opportunity for kids to experience and make new and exciting foods.

Camp Objectives

- Learn new fruits and vegetables
- Experience new foods and flavors
- Gain culinary skills and techniques
- Use reading and math skills related to recipes
- Explain the importance of food safety
- Utilizing new skills to make food products

Camp Cost

Camp costs \$300 per child and includes lunch and snacks. Enrollment limited to 18 chefs.



Topics

Introduction to:

- Fruits and Vegetables
- Breads
- Sweet Treats
- Dairy Products
- The Kitchen and Cooking Utensils
- Food Safety
- Knife Skills
- Measuring with Math

Instructors

Dr. Courtney Crist and Chef Vicki Leach will be the lead instructors.



Let's Get Cooking... Registration

Select Date:

- June 17-21, 4th-6th Graders
 June 24-28, 7th-12th Graders

REGISTER ONLINE AT FSNHP.MSSTATE.EDU
OR COMPLETE THE FOLLOWING AND MAIL

NAME _____

AGE _____ GRADE (FALL '24) _____

GENDER _____

ADDRESS _____

PARENT/GUARDIAN _____

CELL _____

HOME _____

EMAIL _____

EMERGENCY CONTACT _____

EMERGENCY CONTACT # _____

FOOD ALLERGIES _____

*CERTIFICATE OF HEALTH INSURANCE REQUIRED

*ALL YOUTH MUST REGISTER IN 4H TO PARTICIPATE IN CAMP

Complete these forms and return with registration:

4-H Registration:

<http://extension.msstate.edu/sites/default/files/publications/forms/f0135.pdf>

Mississippi 4-H Health & Medical Emergency Form:

<http://extension.msstate.edu/sites/default/files/publications/forms/f0696.pdf>

4-H Parental Release and Code of Conduct Agreement:

http://extension.msstate.edu/sites/default/files/publications/forms/f0807_0.pdf

COMPLETE FORMS AND SEND PAYMENT TO:

CULINARY ARTS CAMP

DEPARTMENT OF FSNHP

BOX 9805

MS STATE, MS 39762

*CHECKS PAYABLE TO "MSU FSNHP"