

## 5 Minute Slushies

No need to go to to a theme park or beach to get a delicious slushie! Use your favorite juice than just in 5 minutes , and a little science, you'll have a slushified drink!

### WHAT WILL I NEED?

- 1 cup of your favorite juice
- 10 – 12 pieces of ice
- 1 tablespoon of salt (Kosher salt is preferred but you also can use table salt)
- 2 Ziploc plastic bags

### WHERE SHOULD I GO?

This activity is best done in the kitchen area over a sink just in case of plastic bag fails.

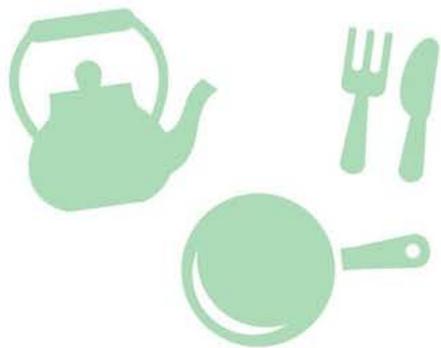




## INSTRUCTIONS

1. Place the ice cubes and salt in a larger size ziplock bag (Quart sized is great!)
2. In a small plastic bag, pour in your juice. Press out all of the air and seal the bag.
3. Place the bag of juice in the larger bag and seal.
4. Shake for about 3-5 minutes or until the juice is a slushie texture.
5. Once it reaches the texture you want, pour into a cup and enjoy!

\*\* If the bag gets too cold, wrap a dish cloth around the bag or put on winter gloves.\*\*



# Camp gsmidtn is a Feeling not a place

## Campfire Desserts

End your camping day with something sweet and tart! Learn how to make this delicious apple pie foil packet dessert and share with your troop during your next camping adventure.

### WHAT WILL I NEED?

#### Apple Filling:

- 6 Granny Smith apples
- $\frac{1}{4}$  cup brown sugar
- 3 tsp cornstarch
- $\frac{1}{4}$  tsp ground cinnamon

#### Crumb Topping:

- 2 cups Brown sugar
- 2 cups Flour
- $\frac{1}{2}$  cup Quick oats
- $\frac{1}{4}$  tsp cinnamon
- $\frac{1}{8}$  tsp nutmeg
- 1 cup Butter melted
- Aluminum foil
- Optional:
  - Caramel sauce
  - Ice cream
  - Cool whip

### WHERE SHOULD I GO?

This activity can be done outside over a camp fire or on a grill. If those are not options, this desserts can also be cooked in the oven.



## WHAT DO I ALREADY KNOW?

1. What would be the best thing to safely take food off the grill?
2. What are a few items needed to keep a campfire safe?
3. Why do we make sure when slicing the apple each piece needs to be similar is size?



## INSTRUCTIONS

1. Crumb Topping: Combine brown sugar, flour, oats, cinnamon, and nutmeg. Add butter and mix.
2. Apple Layer: In a large bowl, combine brown sugar cornstarch, and cinnamon. Add the apples, sliced, until all slices are coated.
3. Divide apple mixture into each foil packet. Add crumb topping over each packet to taste then seal packets.
4. Cooking Options and Times:
  - Grill or campfire: place over coals and cook for 12 – 15 minutes until crumb topping is golden brown.
  - Oven: Preheat oven to 400°. Place foil packets on a baking sheet and bake for 15 minutes or until topping is golden brown.

**\*\*This recipe will make 12 packets\*\***



## Make Your Own Pizza

Everyone loves pizza! Learn how to make your own dough and create a homemade that your whole family can personalize and love!

### WHAT WILL I NEED?

#### Dough

- 1 tsp Active dry yeast
- 2 cups All-purpose flour
- $\frac{3}{4}$  tsp Salt
- $\frac{3}{4}$  cup Luke warm water
- 1 tsp Olive oil

#### Rest of the Ingredients:

- 1/4 cup Canned (or home made) pizza sauce
- Mozzarella cheese, to taste
- Parmesan cheese, to taste
- Garlic powder
- Optional toppings of your choice:
  - Pepperoni
  - Ham
  - Green Peppers
  - Onions

### WHERE SHOULD I GO?

This activity needs to be done in the kitchen where you have an oven.



## WHAT DO I ALREADY KNOW?

1. Why do you have to let the dough sit after you mix all the ingredients together?
2. Why do you have to pre-heat the oven?
3. Ovens can be dangerous if you do not take safe practices, name some safety equipment or ideas to help protect yourself.



# INSTRUCTIONS

## **Dough:**

1. Place a baking sheet on the bottom rack of the oven while heating the oven to 450 °
2. In a medium sized bowl, pour the water and sprinkle the yeast over the water. Let the yeast and water stand until the yeast is dissolved and foamy (3 – 5 minutes).
3. Add the flour and salt. Mix with a spatula or wooden spoon until the dough roughly mixed. Turn the dough out onto a work surface and knead for around 5 – 8 minutes or until the dough becomes a tacky ball that springs back when you poke it.
4. Wipe out your bowl and turn it upside down over the dough. Let the dough rise for approximately 10 minutes.
5. Divide the dough down the middle into two pieces. Take one of the pieces and stretch and roll out with a rolling pin until about  $\frac{1}{4}$  inch thick. If the dough starts shrinking, let it rest for 5 minutes before rolling it out again.



# INSTRUCTIONS

## **Putting together the pizza:**

1. Remove the baking sheet from the oven.
2. Transfer the dough to the baking sheet
3. Brush the dough with olive oil and spread the pizza sauce leaving around  $\frac{1}{2}$  inch border.
4. Sprinkle your cheese and other toppings onto your pizza.
5. Sprinkle the garlic powder lightly over the  $\frac{1}{2}$  inch bare crust.
6. Bake the crust until golden-brown and the cheese is melted. Approximately 8 -12 minutes.
7. Remove from the oven and let cool 5 minutes before serving.
8. The second dough ball – you can freeze the dough for later or repeat the process.



# Camp gsmidtn is a Feeling not a place

## Marshmallow Masterpieces

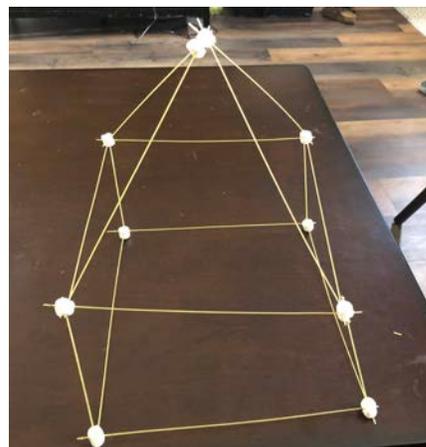
Can you make a bridge out of marshmallows? How tall can you make the leaning tower of spaghetti? Challenge your family to a marshmallow build off. The limit to this activity is your imagination!

### WHAT WILL I NEED?

- Bag of mini marshmallows
- Handful of uncooked spaghetti pasta
- Your imagination!

### WHERE SHOULD I GO?

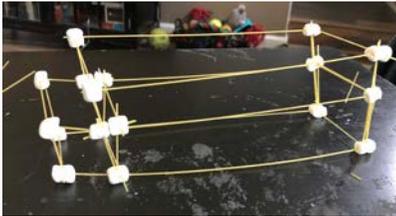
You can do this activity anywhere! If you are on a soft surface, like a couch, you will need a tray.



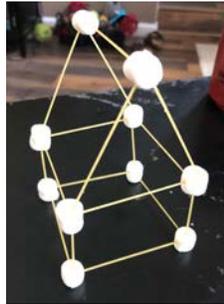
# INSTRUCTIONS

**Collect your supplies and try these fun activities below!**

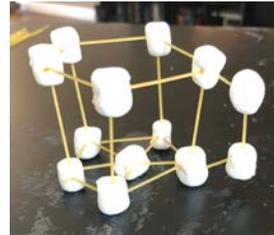
1. Challenge yourself to try these marshmallow builds.



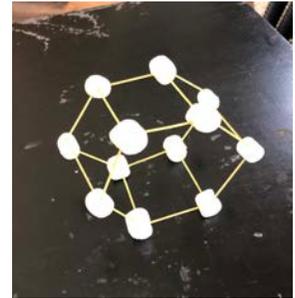
**School Bus**



**House**



**Cup**



**Hexagonal Prism**

2. How high can you build a tower that can stand by itself for 10 seconds? After you do this activity, reflect and see if you can build it higher!

3. Challenge a family member to a build off and see who can build the most creative ideas below:

- **Truck**
- **Flower**

- **Chair**
- **Alien Ship**

- **Mall**
- **Igloo**

4. Build an object and hide it behind a piece of paper. Have a friend be the see-er and the other a builder. The see-er must look at the object you built and describe the object in detail, so the builder can build the object without seeing the object. Then switch roles and see who did better at what!



## Throw Together One-Pot Soup

Have you ever looked into your food cabinet or refrigerator and see just a random supply of food? With this activity, learn how to cook soup with whatever you have in your kitchen!

### WHAT WILL I NEED?

- Vegetables of your choice, chopped:  
In the video you will see:
  - Celery
  - Carrots
  - Corn, whole
  - Onion
  - Potatoes
- 1 cup Uncooked pasta – the most common is elbow macaroni.
- 1 box (approx. 18 oz) Chicken or Vegetable stock
- 1 cup Proteins each such as chicken, beef, and/ or beans (all are optional)
- Salt and Pepper to taste
- 1 large Garlic clove, minced

### WHERE SHOULD I GO?

This activity you will want to do in the kitchen. You will be using the stove.



## WHAT DO I ALREADY KNOW?

1. What kind of vegetable do I like to eat?
2. Are there vegetables or other food item I would like to try? Soup is a great way of introducing food item you might not think you like!
3. Why is it important cube the meat and cut up all the vegetable in small pieces?



## INSTRUCTIONS

1. Prep all your vegetables by chopping or dicing them into similar sized pieces. Mince your garlic.
2. In a pot on medium to high heat, add your onions and garlic. Cook until browned.
3. If you have meat, add the cubed meat to the pot and brown on all sides.
4. Add your stock and bring to a boil.
5. Add all the vegetables and beans. Salt and pepper to taste.
6. Cook for 10 minutes.
7. Add your pasta and cook until tender.
8. Remove from heat and serve hot!