

CAMP HOPE



Snacks

Director

Guide Book

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Curriculum Lesson Plan Worksheets

What are Snacks at Camp Hope?

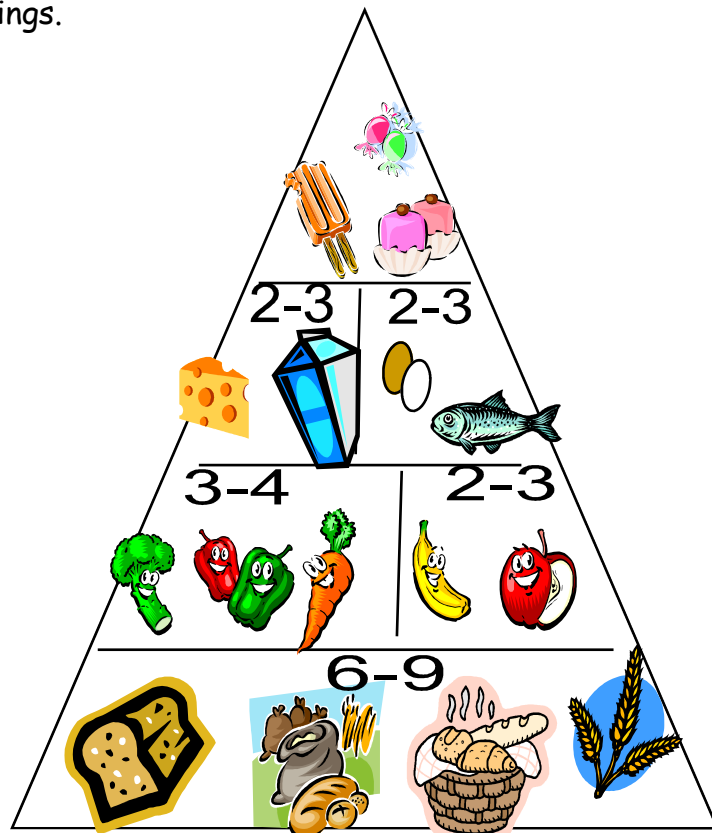
Camp Hope snacks are used to not only give campers a little something to eat to tide them over until the next regular meal but, like all rotations, snacks are used to reinforce the lesson for the day.

Since many people learn in different ways, you may be the only one to reach a camper with today's lesson through the activity you will lead. Therefore, it is important to think through beforehand what you will say and how you will teach the Bible lesson through the snack for the day.

Planning worksheets are included in this book. Make sure you fill out a sheet for each day. This way you will not forget any snack supplies you might need for that day. It will also serve as a reminder of the day's Bible verse, memory verse and theme. This will also remind you how the snack relates to the day's lesson and can be used to help guide you through your teaching time with the campers.

Remember that a snack should not be thought of as a regular meal. Snacks are recipes that make great after-school snacks but should never replace a regular meal during the day.

When you are cooking a regular meal for yourself, your family or your friends, it is important to serve balanced meals. A balanced meal means that more than one food group is served. When you are cooking you should include different food groups in your meal for good health. That can involve simply making an extra side dish or salad to complete you meal. Pictured below is the USDA's Food Guide Pyramid. It shows the basic food groups and their recommended servings.



Before you Start

Take time to plan ahead. Here is a list of things to help you:

- ◆ Plan to dress accordingly. Wear an apron or clothes you don't mind getting dirty. Cooking can be messy! You don't want to ruin your nice clothes. Do NOT wear baggy, or long sleeves or shirt tails when cooking. They are a fire hazard and they may get into the food you are preparing. If you have long hair, pull it back with a hairclip or tie, or wear a cap.
- ◆ Know your kitchen. Remember that you are using the kitchen only for a short time. Know what you are allowed or not allowed to do in the kitchen. Rules are made for your safety and the camper's safety and should be followed.
- ◆ Clean the cooking area before you begin. Put away any papers or clutter that may be on the counter where you will be working. Give yourself plenty of room to work.
- ◆ Wipe off the work area with a clean, soapy dish cloth or antibacterial wash and rinse with clean water. Get all of the soap off the counter and dry it with a clean dish towel.
- ◆ Read the whole recipe first. Have all of the ingredients and equipment needed to make the snack.
- ◆ Place all ingredients on the counter, as well as the utensils and equipment needed to finish the recipe. Use a cutting board when the recipe tells you to use a knife. It will save the kitchen counter from knife cuts.
- ◆ Choose mixing bowls that are large enough to hold all of your ingredients. If your bowl is too small you will not be able to mix the ingredients correctly and the recipe will not work.
- ◆ Watch for the number of servings you will need. Be certain that the recipe has enough servings to feed all of the campers, small group leaders and support staff before you start to cook.
- ◆ Look at the total amount of time you need to finish the recipe. When cooking, use a timer or clock so you know when to check your dish to see it is done.
- ◆ Using an oven: Before preheating an oven, check to see that extra pots and pans are not stored there. Remove them before you turn on the oven. You may need to move the racks in the oven, too. If the recipe does not include a rack placement, use the middle rack position of the oven for your food and position the remaining rack under it. Then turn your oven on to pre-heat.
- ◆ Always review the snack recipe for the next day and see if there is any preparation that needs to be done. For instance, if baking cookies the next day, it is a good idea to make the cookie dough the day before and store it in the refrigerator. In fact, some recipes require you to keep dough in the refrigerator for a number of hours before you can bake them.
- ◆ Plan ahead—In some cases a group may prepare the snack for the next group. For example, if you are cake decorating. The first group may decorate the cake and then mix and bake a cake for the next group.

Cooking Safety

Safety is important when you are cooking. The kitchen can be a dangerous place, especially when using sharp objects and hot appliances. You need to be extra cautious if campers are allowed in the kitchen!

Here are some tips for your safety.



Clothes

Do not wear baggy, long sleeves or shirt tails hanging loose. They can catch on fire.



Hair

Keep long hair pulled back away from your face with a clip or tie or wear a cap.



Jewelry

Remove any long necklaces. They can get in your way when you are trying to cook. If you are using your hands to knead dough or anything sticky, remember to remove your rings, bracelets and watch.



Appliances

Do not use appliances near water or the sink. Make sure that appliances are away from the edge of a counter and cords are not hanging loose or over the counter edge. Loose cords may get caught on something and pull the appliance off of the counter.



Stove

Turn off the stove top or oven when you are finished cooking. Remember that the stove will still be hot for several minutes after it is turned off, so be careful. Do not put your hand or any dishes on the top of the stove after cooking.



Handles

Turn all handles of pots and pans away from the front of the stove. If you point the handles at the wall behind the stove, then you will not bump the pot and spill it.



Pot Holders

Use pot holders or oven mitts when using hot pots and pans. Do not use dish towels. They are likely to catch on fire and may not provide enough insulation from a hot pot or pan.



Removing Lids

When taking the lid off of a hot pan, be sure to gently tip the back of the lid away from your face. This allows the steam to slowly come out of the pan and keeps you from burning your face!



Hot Foods

Be careful with boiling water or liquids. Never carry hot pots when you are alone. Pans are heavier than you might think. It is always a good rule to have more than one person present in case something happens.



Oil

Only use a small amount of oil when cooking. Oil on a stove top can cause a fire if it gets too hot. If a fire should start, cover the pot or pan with a lid and turn off the heat. Do not move the pan or use water to put out the fire. Since oil floats in water, water will only cause the fire to spread.



Knives

Use knives carefully. If you are walking with a knife from the drawer to where you are cooking, remember to point the knife down and away from you at all time. Carry a knife by its handle. Do not try to catch a falling knife—step back and away from it. Do not put a knife in a sink full of soapy water. When you have finished with a knife, place it beside the sink, away from the edge of the counter or in the dish drainer.



Plastic Utensils

Never leave plastic or rubber utensils in hot pots or pans. They could melt.



Stay Put

Never leave the kitchen when you are cooking. If you must leave the kitchen, get someone to watch any hot pots while you are gone. It is important to stay with your cooking because you never know what may happen.



First Aid

Know where the first aid kit is. If you touch something hot, immediately hold your hand under cold water

Food Safety



Wash your hands. It is important to cook with clean hands so that germs and bacteria will not harm the food that you are preparing. Make sure that the small group has also washed their hands. This is not up to the small group leader but it is your responsibility.

Use a clean spoon to taste your food dishes. Do not use your fingers, even if they are clean.

Make sure the food is cooked thoroughly. To see if a baked item is done, put a clean toothpick into its center. If it comes out clean without any batter on it, then it is done.

Using Small Appliances

- ◆ Dry your hands before plugging in an appliance.
- ◆ Put appliances together before you plug them in. For example, secure the beaters in the mixer before you plug it in.
- ◆ Keep your fingers out of mixing bowls and away from moving parts of any appliances. Also, keep utensils away from the blades in a blender and mixer when they are turned on.
- ◆ Do not plug in small appliances near water or around the sink.
- ◆ Keep the lid on a blender when you are using it. If you need to add something to the liquid in the blender, turn it off first, add the ingredient, and put the lid back on before you turn it back on. If you use the blender without a lid, it will probably throw food everywhere.
- ◆ Wait for the blades in a mixer or blender to completely stop before removing the food mixture from them.
- ◆ Turn off an appliance and unplug it when you are finished.

Using Large Appliances

Stove top

- ◆ Many of the rules for the stove are in the general safety section. Just to review:
- ◆ Turn handles away from the front of the stove.
- ◆ Use pot holders or oven mitts when handling hot containers.
- ◆ Remember that the stovetop and oven stay hot for several minutes even after they have been turned off.

Oven

- ◆ Adjust the inside racks to their proper cooking place. One rack is usually placed in the middle of the oven with the other one directly under it. If you are broiling, the rack is placed closer to the top heating element in the stove.
- ◆ Preheat the oven if necessary.
- ◆ Always have hot pads and cooling racks set up before you place anything into the oven. This way you have something to set a hot food dish on.
- ◆ Place the dish in the center of the rack and the oven so that the heat can move to all sides.
- ◆ Set the timer for the required cooking time.
- ◆ Peek in at the food with the oven door closed and the light on. See if the baked item is brown on top. If not, add more time for cooking. Check every five minutes until it is done.
- ◆ Stand back away from the door and open slowly. This will allow the heat to escape safely.
- ◆ If a food dish is too heavy, get help when placing or removing it from the oven.
- ◆ Use a pot holder or oven mitt to remove a pan from the oven.
- ◆ Place a hot dish on a cooling rack or hot pad. If you set it on the stovetop make sure that the stovetop is not hot.
- ◆ Never set your cooked food dish on the opened oven door. This could cause an accident or burn. Remember the inside door of an oven is hot, too!
- ◆ Test to see if your baked item is done. To see if a baked item is done, put a clean toothpick into its center. If it comes out clean without any batter on it, then it is done.

Microwave

- ◆ Make sure you use safe microwave cookware, paper towels, paper plates or paper cups. Never place any metal into a microwave.
- ◆ Use pot holders when taking dishes out of the microwave. They can be hot. Covered cooking dishes hold steam in them just like they do on the stovetop. Be sure to tip the lid away from you to allow the hot steam to escape before you remove the lid.
- ◆ Cover items with a paper towel to prevent it from splashing on the inside of the microwave.

Refrigerator

- ◆ Even though this is not usually a dangerous appliance, it is important that you use care when using any appliance.
- ◆ Do not try to open the refrigerator door with full hands. Take time to put the items down, open the door and then place the items inside the refrigerator.
- ◆ Make sure that the shelf you choose to put your dish on is strong enough to support it. Also, make room for your dish in the refrigerator before you pick it up.
- ◆ Make sure that the refrigerator door is closed tightly after you are done using it.

Techniques For Effective Leadership

Visibility

The first tip for being an effective Snacks Director has to do with location. The leader must make sure that they will be seen and heard. The most logical position then would be at the head of the class, standing in front of the campers. Have them come in close or sit around a table in front of you before you begin.

Signal for Attention

After you have the campers' attention by being visible, you must get them to quiet down. To do this, it's best to use a signal of some sort like raising your hand. Remember that you want to get their attention for instruction, but you also want to have fun.

Waiting for Quiet

You need to wait very patiently for the group to quiet down. If you become anxious and forge ahead, you will find yourself stopping and repeating instructions, or worse yet, reprimanding inattentive individuals.

Give Concise Directions

When you have the group's attention, make a brief introduction, followed by the instruction for the snacks. Speak in short, concise, direct sentences.

Know Your Material and Be Friendly

Since you will be familiar with the snacks (you will have chosen them with specific goals in mind), your directions can be given in a friendly way, with a smile. A leader who is not well acquainted with the material—perhaps reading the instructions for the first time or mispronouncing words—will lose the audience. The desired effect is to give such succinct—yet friendly—directions that you motivate the campers with a minimum of delay or distraction.

Questions

Ask if there are any questions after you have described the objective of the snack.

Assessing

Once the campers are eating their snack, you will be free to interact with the campers.

Harrold Geneed, from his book entitled *Managing*, said, "One of the essential attributes of a good leader is enough self-confidence to be able to admit his own mistakes and know that they won't ruin him. The true test is to be able to recognize what is wrong as early as possible and then to set about rectifying the situation."

Support Staff

Support staff are valuable because they can assume a variety of duties to help alleviate some of the concerns of the Director. A wise leader will treat their support staff with respect and appreciation.

Before you begin the snack, the support staff should be introduced to the whole group. It is possible that your attention will be required in a variety of places, such as operating appliances or getting something ready for the next day. Therefore, if your support staff are identified ahead of time, campers will know whom to seek out for assistance and your support staff will be able to answer questions and be more effective helpers.

Go over the day's activities in advance with your support staff to establish an order of events and to anticipate any glitches. Identify their specific duties and show them anything to be handed out. Show them where items are stored in the kitchen and how to work any appliances you might be using for the day.

This preplanning will help your support staff and set the tone for a team ministry in the kitchen and will increase your support staff's effectiveness.

Cleaning Up

Hardly anyone likes to clean up, but it is an intricate part of cooking. Since you made the mess, you should clean it up. You can have your campers and support staff help out, however, this is not something you should simply pass off onto others. Lead by example in everything you do, including cleaning up. Here are a few simple and quick steps to cleaning:

- ♦ Clean as you cook. Have a sink full of hot, soapy water and put utensils (except knives) and pots into it after you are finished with them. This allows them to soak and they are easier to wash. Remember to leave knives on the counter so you can see them. Wash knives by holding the handle. Be sure to rinse them before putting them down.
- ♦ Wipe up spills as you make them. You can use a paper towel, dish cloth or sponge. It is easier to clean up a spill when it happens then before it dries.
- ♦ Keep a damp cloth nearby to wipe up spills.
- ♦ Put ingredients away as you use them when you are cooking to keep your work space clean. Then you will be able to find them again!
- ♦ Wipe off and dry unplugged appliances before you put them away to keep them clean for the next time you use them.
- ♦ Clean counters and the stovetop by wiping them with a clean, wet dishcloth. Make sure the stove top is back to room temperature before wiping it.
- ♦ Wash all of the dishes when you are finished cooking. Even if you have been cleaning as you cook, you will have a few utensils or dishes to wash when you are finished.
- ♦ Sweep the area where you have prepared food at the end of each day. Mop the floor at the end of the week in case you have missed spots throughout the week.
- ♦ Wipe down tables and sweep the floors of area where campers have eaten at the end of each day.
- ♦ Make sure that you make a final check of your snacks area at the end of the week. You will have visitors and other church members coming for services on Sunday and you want to have the facilities looking their best.
- ♦ Always leave a place better off than when you found it.

Downtime Games

This is a great area for you to utilize your Support Staff and Disciple Campers. Pick some downtime activities for the week and designate Support Staff to supervise these activities. Activities do not require a lot of explaining and therefore frees up your time to focus on the next group of campers instead of having to explain the game to each new set of Disciple Campers that may be coming to help you.

Clapping Contest

Think clapping is easy? Well maybe not as easy as you think. Pick one person to be the leader for the first round and face the group. Whenever the leader passes their hands in front of each other (as if trying to clap but missing) then the group claps their hands in unison. However, if the leader stops and does not cross their hands, then the group does nothing. If someone claps when they are not suppose to, they are out. The one left remaining gets to be the leader of the next game.

Coin Hockey

Take three different coins such as a penny, a dime and a nickel. Place them on the table in a pyramid shape.

Player one places the tips of their fingers on the table and uses their hand like a hockey stick to hit the coin pucks. First hit one of the three coins. This will cause the other coins to move across the table. Now you must continue to hit coins between the remaining two coins. It must pass completely between the two coins. Continue hitting one coin between the other two, thus moving across the table toward your opponent.

Player two places their index finger and pinkie finger from one hand on the table making a goal. If Player one can get a coin into their opponent's goal, they score a point.

The Rules are:

1. You cannot hit the same coin twice in a row.
2. You cannot hit a coin off of the table.
3. A coin must pass completely through the other two coins.
4. You must hit the coins in a straight line. No pushing the one coin around another.
That would be too easy.

The first one to five points, wins the game!

Don't Eat the Sweet

Player one: Write a food on four cards, like hot dog, apple, cake and egg.

Player two: Write a food on three cards, like fries, burger, banana. On the fourth card write "Sweet."

Each player holds their cards in their hands face down. Player one draws a card from player two's hand. If it's not the Sweet, that card is good to eat, eat it! If it is the sweet, don't eat it. You must hide it in your cards. Then player two goes. The person still holding the Sweet at the end loses, then they have to EAT THE SWEET!

Making your playing cards:

Simply cut out small card shapes out of light colored cardstock paper for your playing cards or to make this game even more interesting, you can play this with edible cards.

Edible card recipe:

Simply cut some tortillas into small card shapes and broil in the oven for about a minute. Watch them carefully so they don't burn!

Next, place some food coloring into a spoon, lid or cap.

Then use toothpicks to draw on your edible cards. Younger campers will need the help of a older person to write on their cards.

This can also be done for other downtime games such as Food Fight and Match Two.

Food Chain

Players sit in a circle with their legs crossed or around a table. Then the whole group pats their legs once, claps once, snaps with one hand and snap with their other hand. Keep doing this until the whole group is together and gets a rhythm going. The lead player then calls out their own animal when they snap their first hand and another animal when they snap their second hand. The player whose animal was called out similarly says their animal when they snap their first hand and another animal when they snap their second hand. This continues until a player messes up.

If a player messes up, they must move down to the last chair in the food chain and everyone else progresses up. The object is to be at the top of the food chain for as long as possible.

To keep track of which position is which animal, it may be helpful to write each animal's name on a card and place it on the floor around the circle. In this way, as players progress up or down the food chain they can see what new animal they are. For older players, you may wish for them to turn their cards face down when they play the game to make it more difficult for them.

Suggestions for the progression of animals in the food chain: ameba, rat, snake, lizard, hawk, cat, pig, wolf, elephant, lion.

Food Charades

Have everyone think of a favorite food that they like to eat. Then choose one player to act out eating or making their favorite food. If no one can guess what food they are acting out, they may give verbal clues to make it easier.

Variation:

Write some foods on index cards for them to act out. You may need to have pictures for younger players. Some foods might contain:

- Hot dogs
- Popcorn
- Bubble gum
- Toasting marshmallows
- Scrambled eggs

Food Fight

Number cards 1-8 and write or draw a food item on each card. Nastiest (1) to Tastiest (8). Stack and shuffle your cards. Each player holds a stack in their hands. On the count of three, each player throws down a card. The card with the highest number wins and that player "eats" the opponents card. If both cards are the same, then those cards remain on the table and players draw again. The winner eats both of the loser's cards. The player with cards still remaining at the end of the game, wins.

If you don't play with edible cards, you can make a set of cards with weird food combinations that campers can use. See Match Two for some ideas.

The Great Jelly Bean Exchange

Place 12 jelly beans (all one color) into a zip lock bag. Divide into teams of two or three players each. Give each team a piece of paper, something to write with and a bag of jelly beans. Each team must write 12 things that are the same color as the jelly beans that they were given. For instance, if a team was given twelve green jelly beans. Then they might come up with these twelve items: grass, boogers, Christmas tree, broccoli, lettuce, lime Jell-O, Go traffic light, leaves, etc.

After each team has their list completed, have one member hold the list so others cannot see it and the other team member hold the bag of jelly beans. Choose one team to begin like the green team. Everyone else will guess at what 12 items are on their list. Begin with the team to their right. Each team gets one guess. For ever correct answer, those two teams exchange a jelly bean of the color for their team.

For example, if the red team guessed grass, then the red team would give a red jelly bean to the green team and the green team would give a green jelly bean to the red team. Continue until every team has been it.

Look at the various colors in each bag and talk about how we are all part of God's creation and that we can accomplish anything when we work together.

Make sure everyone gets fresh jelly beans to have once they are done. You can use the same game jelly beans over and over, but make sure you throw them out when you're done.

Match Two

Write something on each of eight cards. Four should be something good to eat (cake, bananas, etc.) and four should be something bad (worms, dirt, etc.) Duplicate these on another set of eight cards.

Place all of the cards face down on the table. Player one takes a turn and flips over two cards. If they do not match, they turn the cards face down again and player two takes a turn. If they match... you have to eat them!!! If you are playing with non-edible cards, have some M&Ms for the winner to eat.

Some ideas for Good/ Bad stuff to eat: chocolate chip cookies, French Fried Bugs, Pepperoni Smoothie, Hand sandwich, Dirt Cake, Gummie Worms, Hair Surprise, Frog's Legs, Peanut butter and Clam, Broccoli and More Broccoli, Goober Pie, Caterpillar Juice.

My Favorite Things

Write down the following questions on index cards, or make up some of your own.

My favorite food is... I don't like to eat... The drink I like best is... What I like most for breakfast is... etc.

Have campers fill out these cards and then collect them all. Mix up the cards and pass them out to everyone. (Make sure nobody gets their own card.) Then read one card at a time and have the group guess who they think that it is. If you run out of time, give the cards to the Small Group Leader so that they can continue to play throughout the day.

Paper Football

To make your paper football, tear a piece of 8 1/2 X 11 inch paper in half. Then fold the paper lengthwise about one inch wide. Next fold one end over to make a triangle. Continue to fold along the length of the paper until just a bit is left remaining. Stick the remaining end into the inside of the triangle.

Field Goal

Player two places thumbs together and points index fingers up to make goal posts. Player one holds the football by one corner on the table and flicks it with their finger to try and make a field goal. If it is good, player one gets a point. If not, player two gets a chance. The player with the most points at the end of the game wins.

Pass Touchdown

Player one places the football on the table with just one corner over the end of the table. They proceed to hit the football across the table using their finger tips. If it comes short or falls off the end of the table, no points are scored. If it is left on the table with any portion hanging over the other side of the table, they score a point. You can test this by placing your fingernails on the edge of the table and sliding them along where the football is. If the football moves, it is a point.

Alternative:

Take turns passing and kicking field goals to mix it up a bit. Let each player decide if they will use their turn to kick a field goal for one point or pass for a three point touchdown.