



## Colorful Cooking

### Kindergarten

Here at Red Butte Garden, we believe learning is fun and can happen anytime, anywhere. To help continue the fun at home, we've included an outline of the topics we'll study this week at camp as well as a list of additional activities, books, and other resources related to this week's theme. We hope you'll use this to engage with your camper and keep the learning process happening all summer long! Thanks for coming to Summer Camp, and we'll see you soon at the Garden!

#### CAMP THEME

This week we'll cook our way through the rainbow as we learn where our favorite foods come from, how they help our bodies, and how to eat a colorful meal. We'll discover the edible plants that grow in the Garden, and learn how to include them in our cooking creations. Each day we'll focus on a different color of food, and make a new and delicious homemade snack. Be sure to ask your camper about the following:

- **Monday** – Red Foods, Strawberry Watermelon Salsa
- **Tuesday** – Green Foods, Spinach Pancakes
- **Wednesday** – Blue/Purple Foods, Blueberry Coconut Smoothie
- **Thursday** – Orange Foods, Cantaloupe Basil Popsicles
- **Friday** – Yellow Foods, Yogurt Fruit Dip

#### EXTENDED LEARNING ACTIVITIES

- Continue exploring different recipes with your young chef
  - <http://tinyurl.com/KCooking>
- Sign up for a kid's cooking class
  - <http://tinyurl.com/KidsCookClass>
- Grow a pizza garden
  - <http://tinyurl.com/GrowPizzaGarden>
- Have your camper choose one ingredient (fruit, vegetable, or herb) at the grocery store and cook something using it.

#### EXTENDED LEARNING RESOURCES

- *Colorful Cooking: Healthy & Fun Recipes* by Jacque Wick
- *Eat Lots of Colors* by Helen Marsteller
- *How Did That Get in My Lunchbox?* by Chris Butterworth

