

Summer Camp Curriculum - 2019 5 - 8 Years



Note: Centers can pick any activity from the component given below, one activity per day. On each day children must be given a 30 min break in between the curriculum. Centers can plan the schedule accordingly. Refer to sample schedule given under Summer Camp Guidelines.









	Activity	Description		Materials Needed
		Marie Biscuit Pudding	•	Marie Biscuit:
		METHOD:		200 gms or as
		Refrigerate (overnight) a pack of Amul cream		needed.
	Marie Biscuit Pudding	and open the packet and scoop out the thick	•	Sugar: 1 1/2
		cream . put the thick cream into a bowl.	•	cups
		2. Add little butter and mix it well until it becomes		(powdered)
		light and fluffy.		Cream: 3/4 of
		3. Add in 1 1/2 cups sugar , vanilla essence and		a pack of
		cream again. mix 2 tsp instant coffee powder		Amul fresh
		with 2 tsp sugar in half cup warm water and		cream
		kept aside. Into a dish, dip each biscuit in the		Butter: 1 stick,
		black coffee and line the dish.		1/2 cup
		Put half of the cream on top of the biscuit and	•	Vanilla
		spread it out. Drizzle a tablespoon of chocolate	•	Essence: 1
		sauce over it (if you do not have chocolate		tsp
		sauce at hand check notes for substitute)		Instant
		5. Again repeat the same; dip biscuits in black		Coffee
		coffee and place on top of the cream. Then top		powder: 1/2
		it with the remaining cream and drizzle		cup (Check
		chocolate syrup.		notes)
			•	Chocolate













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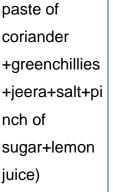
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			NOTES	Syrup: As needed.	
1		•	Powder 1 1/2 cups of sugar.	moddod.	×
0		•	Mix 2 tsp instant coffee powder with 2 tsp sugar		
0			in half cup warm water to make the black		7
			coffee.		
		•	If you do not have chocolate syrup at hand;		\sim
			sprinkle plain cocoa powder on top of the cream		\
0			instead.		
1.*		•	Since whole cream is not available here; I		
			refrigerate the cream overnight and then scoop		
			out the thick cream which has come on top and		96
		_	use the whey in curries. If you have double cream use it.		
			If you like some crunch in between add in some		
Ye			chocolate chips.		
VE		•	For me 1 1/2 cups sugar is perfect; if you feel it		
7 7 7 7			is a bit sweet use 1 cup sugar.		4
		•	Instead of Marie biscuit; you can use "tiger		
			biscuit, graham crackers etc".		
Miles					14
				Puffed Rice: 5	
				cups	110
				Onions:	
				Onions:2 finely	(55)
	Mysore	_	Mysore Churmuri is the simplest and healthy	chopped	-
	Churmuri	•	chat without any deep frying. Churmuri is a low	опорреч	90
	Silamilan		calorie snack.	Carrot: 2	
		•	Churmuri is a street food available in Mysore	grated	
			made with puffed rice, onions, carrot and green	Green	
A			chutney	chutney: 2	
CAR			•	,	



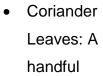
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- Lemon juice: 1 tbsp
- Oil: 2 tsSalt to taste
- Paper Plates



- 1. Take a vessel or bowl and a spoon to mix. Just add carrot, onion, green chutney, lemon juice, oil and salt. Mix well.
- 2. Add puffed rice and garnish with coriander leaves. Mix thoroughly.

Churmuri is ready and serve in paper plates.















