



Camp Fire USA Reality Food Activities



Camp Fire USA and the Home Baking Association are partnering to feature Camp Fire USA staff and leaders with great food activities! Find more Camp Fire Reality Foods at www.homebaking.org.

FOOD ACTIVITY: *Gingie's Next Adventure*

SUBMITTED BY: Johna Noble, Staff
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AGE FOR ACTIVITY: 10 year olds

ACTIVITY SETTING: Kitchen (home or club) or table top in meeting room

DESCRIPTION: Creativity— Create a gingerbread hero or heroine and story!

TIME: One or two meetings, 2 ½ hours total*

*Time Tips:

- 1) Make the dough one meeting; flatten in a disk and place in a sealable plastic food bag; label for each team. Freeze up to 1 month, until ready to cut-out, bake and/or decorate.
- 2) Mix dough, chill, roll out Gingie dough, cut-out on parchment paper; freeze, (cover with plastic wrap); write story, bake and decorate at next meeting.

WHAT YOU NEED:

- ✓ One recipe's ingredients for each team of 2
- ✓ Nutrition Facts label from one loaf bread, one favorite cereal, one pkg. cookies
- ✓ Teams of two—two mixing bowls, measuring cups and spoons, stirring spoon
- ✓ Foot long 1-inch dowel rods cut, and used as rolling pins
- ✓ Plastic knives to cut out Gingie shapes
- ✓ Parchment paper or waxed paper to roll out dough and to decorate on
- ✓ Cookie sheets (or pizza pans), 1 per team if possible (have members/students bring one from home)
- ✓ Decors: fruit strips/chews, dried fruit, chips, frosting (canned or tubes), food coloring, gum drops;
- ✓ Small cups to mix frosting and colors
- ✓ Ovens to bake Gingies; oven mitts for adults or older youth to remove hot pans
- ✓ Wire cooling racks
- ✓ Small paper cups, three per team
- ✓ Sandwich bags to take home Gingie
- ✓ Paper to write story lines

GINGIES

Makes six, (2.4 oz/66g), 6-in Ginger people--\$ 0.15 each, undecorated

Ingredients:

¼ cup (1/2 stick) butter or margarine (may be 70% vegetable oil)

¾ cup whole wheat flour

¼ cup brown sugar, packed

½ teaspoon baking powder

½ teaspoon ginger

¼ teaspoon soda

¼ teaspoon cinnamon

¼ teaspoon cloves

¼ cup molasses

1 small egg

1 ½ teaspoons vinegar

½ cup all purpose flour

Decorations: 2 containers white frosting

Food coloring tubes

Purple gum drops, sliced in half

Small paper cups to mix red and blue frosting

Directions:

Wash table tops and hands. Put on aprons or large clean T-shirts.

Provide teams a mixing bowl and a plastic food bag, a spoon; share measuring tools.

Step 1: In one bowl, place the butter or margarine.

Step 2: In the second bowl or a plastic bag, measure the whole wheat flour, sugar, baking powder, ginger, soda, cinnamon, cloves. Mix thoroughly.

Step 3: Use the spoon to "cream" the butter (make soft and fluffy); add in the molasses, egg and vinegar; then the dry ingredient mixture. Stir together until well mixed. Stir in the ½ cup all purpose flour until dough is well mixed.

Step 4: Flatten the dough into a disc and place into a sealable plastic bag. Label bags with team names and chill 20 minutes, overnight or freeze until ready to roll-out.

(Rolled and cut-out Gingies may be frozen unbaked on the parchments; covered/sealed.)

TIP: Gingies cut-out on parchment paper can remain on the paper and the paper transferred to the cookie sheet and baked right on the same parchment paper. (Go to Step 5.)

Roll, Shape, Bake and Decorate:

Thaw frozen dough 1 hour. Preheat oven: 375 °F.

1. Wash table. Grease or line cookie sheet (1 per team) with parchment paper.
2. Lay a sheet of parchment paper or a sheet of waxed paper on table top.
3. Divide dough into six equal portions. Roll each portion until about ¼ in. thick.
4. Use a plastic knife to cut out the Gingie shape. Place 1-inch apart on sheet.
5. Bake 6 to 8 minutes until lightly browned on edges. Cool on pan 1 minute, cool on racks completely. (Simply slide parchment onto cooling racks.)
6. Provide white, red and blue frosting in cups to teams. Use white to "glue" on gum drop buttons. One idea: Blue eyebrows, red circle mouth; white lines at wrist, ankles, waist, eyes.

Gingie recipe adapted from: Better Homes & Garden New Cook Book.

Tip: During baking and decorating develop a "mad lib" Gingie adventure, recording it on camera, MP3, paper or simply by telling it. Leader provide opening setting for Gingie's adventure.

Nutrition Facts

Serving Size (66g)
Servings Per Container

Amount Per Serving

Calories 270 Calories from Fat 100

% Daily Value*

Total Fat 11g 16%

Saturated Fat 6g 31%

Cholesterol 40mg 14%

Sodium 120mg 5%

Total Carbohydrate 41g 14%

Dietary Fiber 3g 11%

Sugars 22g

Protein 4g

Vitamin A 6% • Vitamin C 0%

Calcium 8% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4