



# Portable Kitchens Activities for Classrooms, Clubs and Camps

(From Orca Camp Fire Council, Washington--Johna Noble, Staff)

**What:** *Gingie's Next Adventure*

**Where:** Tabletops; bake in kitchen (home, school or club)

**Time\*:** One or two meetings, 2½ hours total

**Why:** Creativity—create a gingerbread hero or heroine and story to go with!

Develop literacy, math and creative skills: Read and follow step-by-step directions; apply fractions, use measuring tools and baking terms;

Develop team work to prepare the dough and small motor skills in measuring, stirring, kneading, rolling, cutting; decorating

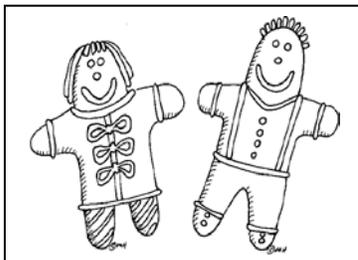
Use nutritious ingredients: whole wheat flour, enriched all-purpose flour, egg, molasses, spices

Review Nutrition terms—whole grains, vitamins, minerals, dietary fiber, protein, antioxidants

Use the Nutrition Facts Label—what *nutrients* are in a Gingie?

Compare to bread, cereal and other cookies. Be sure you compare 2.4 oz. of each food.

How many grain food servings is one, undecorated Gingie? (A: 2.4...1 oz/28g = 1 serving)

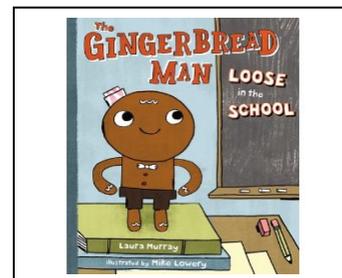


✓ **What you'll need:**

- One recipe's ingredients for each team of 2
- Nutrition Facts label from one loaf bread, one favorite cereal, one package 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 Gingie mad lib story lines
- Young readers may enjoy reading together

***The Gingerbread Man Loose in School.*** By Laura Murray. 2011. G.P. Putnam's Sons.

***The Gingerbread Girl.*** By Lisa Campbell Ernst. 2006. Dutton Children's Books.



**\*Time Saver Tips:** 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, decorate.

**OR** Mix dough, chill; \*\*roll out Gingie dough and cut out right on parchment papers; label, freeze, (covered with plastic wrap); write story, bake where ovens available; decorate at next meeting.

Studies have shown that hands-on cooking activities are a successful, innovative way to improve mealtime practices and eating habits of children and low-income families. (Horodynski, Hoerr, & Coleman, 2004; Clark & Foote, 2004; Meloche, 2003).

Knowledge alone is not adequate for families to make these changes (Horodynski, Hoerr, & Coleman, 2004). Cooking and tasting demonstrations with quick and easy recipes appear to be more motivating (Reed, 1994). Source: Cooking with a Chef. Condrasky, M., Ed.D., RD. Journal of Extension. 8/06. [www.joe.org](http://www.joe.org)

"...professionals should encourage parents to involve their adolescents in food-related tasks to help them develop the proficiencies they need as young adults to maintain a healthful diet." Source: Larson, N., Story, M., Eisenberg, M., Neumark-Sztainer, D., 2006, *Food preparation and purchasing roles among adolescents*. Journal of the American Dietetics Association. 106(2), 211-219.

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

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

## 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

1½ teaspoons vinegar

½ cup all purpose flour

**To decorate:** Two containers white frosting  
Food coloring tubes  
Purple gum drops, sliced in half  
Small paper cups to mix red and blue frosting

## 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 6% • 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

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

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--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 out 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.

→While Gingies bake, and while you decorate, develop a “mad lib” Gingie adventure, recording it on camera, paper or simply by telling it.

Leader, come up with the opening setting for Gingie’s adventure...

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