

The Complete Menu

Chapter 1: Mr.Q's favorite cookie (thanks Mom!)

Ingredients:

1 box Duncan Hines Yellow Cake Mix with butter	Powdered sugar (for topping on the finished cookies)
1 package of cream cheese	Plastic wrap
1 stick of butter	Baking sheet
1 egg	Knife
2 tsp. vanilla	Ruler

Chapter 2: Chocolate cake....

Ingredients:

1 cup white sugar	1/2 cup butter
1 1/8 cups all-purpose flour	1 egg
1/2 cup unsweetened cocoa powder	1 teaspoon vanilla extract
1 teaspoon baking soda	1 cup cold, strong, brewed coffee
1 teaspoon salt	1 toothpick

Chapter 3: Marinara sauce

Ingredients:

1 can (28 oz. size) pureed Italian plum tomatoes	1/4 teaspoon salt
2 teaspoons extra virgin olive oil	1/4 teaspoon black pepper
4 medium garlic cloves, minced	1/3 cup fresh parsley, chopped
1 can (6 ounce size) tomato paste	Saucepan
1 1/4 teaspoon oregano	Spoon

Chapter 4: Pizza + Quesadillas = Pizza-dillas

Ingredients:

4 whole-wheat tortillas
2/3 cup fresh or frozen spinach, finely chopped
2/3 cup part-skim mozzarella cheese, shredded
1 cup marinara sauce (from last week's lab)
Cooking spray

Chapter 5: M&M Lab

Ingredients:

One small bag each of plain and peanut M&M's
Electric scale (optional)

Chapter 6: Homemade bread

Ingredients:

2 tsp yeast	2 tsp salt
1 tsp sugar	Olive oil
Water	Balsamic vinegar
$\frac{1}{2}$ cup whole grain cereal	Various herbs
1 cup wheat flour	Cornmeal
3 cups white flour	Unglazed terra-cotta dish
4 Tbs butter (cut into $\frac{1}{4}$ inch cubes)	(the orange-colored material most flowerpots are made out of)

Chapter 7: Nachos

Ingredients:

Block of American cheese (Velveeta) or a Hershey's chocolate bar

Cheese slicer or knife

Microwave oven

Plate

Calculator

Chapter 8: Pizza

Ingredients:

One pizza dough (from the recipe in Chapter 6) or an English muffin

$\frac{1}{2}$ cup marinara sauce (from the recipe in Chapter 8) or canned

$\frac{1}{2}$ - 1 cup shredded mozzarella cheese

Olive oil

Flour

Rolling pin (optional)

Chapter 9: Organizing the cupboard....

Materials:

Paper and pencils

Something healthy to snack on

Chapter 10: Pancakes

Ingredients:

Bread flour (~3 cups)

Cinnamon, nutmeg, vanilla (optional)

Baking powder

2 eggs

Sugar

~3 cups whole milk

Salt

4 Tbs. vegetable oil or melted butter

Baking soda

Ruler

Chapter 11: Homemade Powerdrink

Ingredients:

1 liter of water
 1/2 tsp of baking soda
 2 tbsp of agave nectar
 1/2 tbsp of sea salt
 1 light emitting diode (LED) (Model:
 276-021)
 1K Ohm resistor (Model: 271-1321)
 1 9 V-battery

*** All items can be purchased cheaply from RadioShack

1 battery connector (Model: 270-
 325)
 1 piece of fibre board or plywood
 (approximately 4"x6")
 1 rubber band
 12 inches of copper wire
 Tape

Chapter 12: Cooking with salt and sugar

Ingredients:

Pinch of salt
 Pinch of sugar
 Candle

Matches
 Aluminum foil (approximately 5" x 10")
 Several plates/dishes

Chapter 13: An analysis of food labels

Ingredients:

No special ingredients needed this week

Chapter 14: Carmelizing onions

Ingredients:

Yellow onion
 Vegetable or olive oil
 Pan

Wooden spoon
 Glass of water

Chapter 15: Chocolate Chip Cookies

Ingredients:

You really don't need to make these cookies to complete the activity: but, they are quite tasty!

2 $\frac{1}{4}$ cup flour
 1 tsp baking soda
 $\frac{1}{2}$ tsp salt
 1 cup butter (at room temp)
 $\frac{3}{4}$ cup sugar
 $\frac{3}{4}$ cup packed brown sugar
 2 eggs
 2 tsp vanilla
 12 oz. Chocolate Chips

Chapter 16: Mixed nuts..

Ingredients:

Two different sized bags of mixed nuts
 (If nut allergies exist, you may use various candies like M&M's or Skittles)

Chapter 17: Homemade cupcakes

Ingredients:

2 cups flour	3 eggs
1 $\frac{1}{2}$ cups sugar	Muffin tins
3 teaspoons baking powder	Muffin papers
1 cup shortening	Whisk (or mixer)
1/2 teaspoon salt	Mixing bowls
1 cup milk	Frosting (optional)
1 teaspoon vanilla	

Chapter 18: Fruit salad

Ingredients:

5 ripe bananas

5 unripe bananas

5 ripe pears or apples (FYI - You can easily tell when pears are ripe!)

5 unripe pears or apples (The pears will be very firm.)

8 sealable gallon-sized plastic bags

Chapter 19: S'mores

Ingredients:

One bag of large marshmallows (optional)

One Hershey's chocolate candy bar (optional)

One small box of graham crackers (optional)

Chapter 20: Garden salads

Ingredients:

Various fruits and/or vegetables for a homemade salad (you choose!)

Chapter 21: Spinach chromatography

Ingredients:

Fresh spinach leaves (one small bag)

Pencils

3-5 coffee filters

Tape

Clear tall plastic or glass cup (not to
be used for food)

Clear plastic wrap

1 coin

Rubbing alcohol

Hair dryer or fan

Boiling water

Ice water

Chapter 22: Sweetened vs Unsweetened tea

Ingredients:

Several tea bags of your favorite tea	Sugar
One gallon pitcher	Measuring cups/spoons
6 large cups (~2.5 cups each)	Ice
Several small cups for tasting the tea	4-6 friends/family members

Chapter 23: Boiling salt water

Ingredients:

Table Salt	Thermometer
Distilled Water	Stirring spoon
2+ Quart Cooking Pot	Oven mitt or tongs
Measuring spoons and cups	

Chapter 24: Homemade “pickles” in a day

Ingredients:

Pickling cucumbers (Kirby cucumbers or equivalent)	
Pickling or canning salt	
H ₂ O	
Vinegar	
Mixed pickling spices such as dill (pinch) and garlic (1 clove)	
Zip-Lock freezer bag, quart size	
Measuring spoons and cups	

Chapter 25: Popcorn

Ingredients:

Popping corn	Measuring spoons
Vegetable oil, corn oil, or peanut oil	Marker
Sealable plastic bags or jars	Cookie sheet
Skillet or pan with lid	Timer

Chapter 26: Homemade ginger ale

Ingredients:

Cold water	
1 cup sugar	
4-6 tsp freshly grated ginger root	
Juice of one lemon	
$\frac{1}{4}$ tsp fresh granular baker's yeast	
Clean 2 liter plastic soft drink bottle with cap (NOT GLASS!)	
Funnel	
Grater (preferably with fine "cutting" teeth)	
Measuring cup and spoons	
Fine mesh strainer or cheese cloth	

Chapter 27: Peanuts or corn chips

Ingredients:

Peanuts or corn chips	One large paper clip
2 empty aluminum cans	Matches
Utility knife or X-Acto knife	Thermometer
10 mL of water (7 drops = 1mL)	Aluminum pie pan or old cookie sheet
Eyedropper	

Chapter 28: Ice cream

Ingredients:

1 Tbs sugar
 $\frac{1}{2}$ cup whole milk
 $\frac{1}{2}$ cup half & half
 $\frac{1}{4}$ tsp vanilla
 Ice cubes

1/3 cup rock salt
 One sandwich sized Ziploc baggie
 One gallon sized Ziploc baggie
 Thermometer

Chapter 29: Preserving fresh fruit

Ingredients:

1 Banana
 1 Apple
 1 Vitamin C tablet
 Small plastic dishes or bowls
 Fruit-Fresh® (available in spices/canning aisle of your grocery store or you can make your own with 2 Tbs salt + 2 Tbs vinegar + 1 gallon water)
 Paring knife

1 cup warm water
 1 cup white sugar
 $\frac{1}{2}$ cup lemon juice
 Clear plastic cups and spoons

Chapter 30: Creating crystal clear ice cubes

Ingredients:

Distilled water
 Regular water
 Bottled water
 Pan
 Ice cube trays (or small plastic cups)

Chapter 31: Blanching vegetables

Ingredients:

- 3 carrots
- 3 radishes
- Bundle of asparagus
- Head of broccoli
- Salt
- Large pot with lid
- Slotted spoon
- Ice water
- Knife
- Paper towels
- Marker

Chapter 32: Fried eggs

Ingredients:

- One gallon distilled water
- One head of red cabbage
- One egg
- Cooking spray or butter
- Large pot and skillet
- Strainer
- Small bowl
- Whisk or fork
- Funnel
- Knife