

# Adventure Cooking Camp

## Session Plan: Chocolate Sauce

### 1. Session Overview

**Day:** Monday

**Time:** 14:45–15:30

**Age Range:** 8–14

**Group Size:** Up to 4 children per group

**Duration:** 45 minutes

**Energy Level:** Low–Medium

### 2. Learning Focus

**Primary Skills:** Gentle heat control, stirring technique

**Secondary Skills:** Patience, observation, hygiene

**Confidence Outcome:** Children feel confident melting chocolate safely and understand how heat affects texture.

### 3. Ingredients & Equipment (Per Group of 4)

**Ingredients:**

- Dark chocolate – 200g (check for soya lecithin)
- Double cream – 150ml (or dairy-free alternative if required)

**Equipment:**

- Heatproof bowl
- Small saucepan
- Wooden spoon or silicone spatula

**Allergens:** Milk (possible soya depending on chocolate)

### 4. Step-by-Step Cooking Instructions

**Step 1 — Safety & Setup (5 mins)**

**Staff Show:** Explain gentle heat rules and hot bowl warnings. Assign roles (stirrer, observer).

**Children Do:** Wash hands, put on aprons, stand at safe distance.

**Step 2 — Prepare Chocolate (10 mins)**

**Staff Show:** How to break chocolate safely.

**Children Do:** Break chocolate into small, even pieces.

**Step 3 — Melt Chocolate (15 mins)**

**Staff:** Control hob and water heat (bain-marie or low heat).

**Children:** Stir slowly and continuously. Observe texture changes.

**Safety:** No touching bowl or pan without permission.

**Step 4 — Add Cream & Finish (10 mins)**

**Staff:** Pour cream slowly while explaining emulsifying.

**Children:** Stir until smooth and glossy.

## 5. Delivery Notes for Staff

If sauce splits: remove from heat and stir gently.

If too thick: add small splash of warm cream.

Use this session to slow pace and reset energy after churros.

Excellent session for nervous cooks to build confidence.

## 6. End of Session

**Reflection Questions:**

- What did you notice when the chocolate heated?
- Why do we use gentle heat?

**Clean Down:** Wash bowls and pans, wipe surfaces, store sauce safely.