

Adventure Cooking Camp

Session Plan: Churros

1. Session Overview

Day: Monday

Time: 13:00–14:30

Age Range: 8–14

Group Size: Up to 4 children per group

Duration: 90 minutes

Energy Level: High

2. Learning Focus

Primary Skills: Dough handling, piping technique

Secondary Skills: Measuring, teamwork, patience

Confidence Outcome: Children feel confident making and shaping dough and understand how heat changes food.

3. Ingredients & Equipment (Per Group of 4)

Ingredients:

- Plain flour – 250g
- Water – 300ml
- Vegetable oil – 2 tbsp (plus extra for cooking)
- Sugar – 50g (for coating)

Equipment:

- Medium saucepan
- Wooden spoon
- Piping bag with star nozzle
- Baking tray
- Tongs

Allergens: Gluten

4. Step-by-Step Cooking Instructions

Step 1 — Safety & Setup (10 mins)

Staff: Explain heat rules and no-touch zones. Assign roles (measurer, mixer, piper).

Children: Wash hands, put on aprons, stand back from heat.

Step 2 — Make Dough (20 mins)

Staff: Control heat. Bring water and oil to boil.

Children: Add flour slowly off heat and stir until thick dough forms.

Safety: Children do not touch pan while hot.

Step 3 — Pipe Churros (20 mins)

Staff Show: How to hold piping bag safely.

Children Do: Pipe churros onto lined baking tray.

Step 4 — Cook Churros (25 mins)

Staff: Place tray into oven or fryer and manage cooking.

Children: Observe colour change and timing.

Step 5 — Sugar Coating (10 mins)

Staff: Remove churros safely.

Children: Roll warm churros in sugar.

5. Delivery Notes for Staff

If dough is too stiff: add small splash of hot water.

If dough is runny: mix in small amount of flour.

Confident cooks can help coach piping technique.

Always keep children at safe distance from heat.

6. End of Session

Reflection Questions:

- What was tricky about piping?
- How did the dough change when heated?

Clean Down: Wash pans, wipe surfaces, store equipment safely.