

# Adventure Cooking Camp

## Session Plan: Pasta Dough

### 1. Session Overview

**Day:** Tuesday

**Time:** 10:00–11:30

**Age Range:** 8–14

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

**Duration:** 90 minutes

**Energy Level:** Medium

### 2. Learning Focus

**Primary Skills:** Dough making, texture recognition

**Secondary Skills:** Measuring, kneading, patience, teamwork

**Confidence Outcome:** Children feel confident making pasta dough and adjusting it to the correct texture.

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

#### Ingredients:

- Strong white flour – 400g
- Eggs – 4 medium (or egg-free dough if required)
- Olive oil – 1 tbsp
- Salt – ½ tsp

#### Equipment:

- Large mixing bowl
- Fork
- Clean work surface
- Bench scraper or spatula

**Allergens:** Gluten, Egg

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

#### Step 1 — Safety & Setup (10 mins)

**Staff:** Explain hygiene rules and raw egg handling. Assign roles (measurer, mixer, kneader).

**Children:** Wash hands, put on aprons, prepare workspace.

### **Step 2 — Form Dough (20 mins)**

**Staff Show:** Well-in-the-middle method and cracking eggs safely.

**Children Do:** Add eggs, oil and salt into flour well and mix gently with fork.

**Texture Cue:** Dough should look shaggy but hold together when squeezed.

### **Step 3 — Knead Dough (25 mins)**

**Staff:** Demonstrate push–fold–turn kneading motion.

**Children:** Knead until dough is smooth and elastic.

**Texture Cue:** Dough should spring back when pressed.

### **Step 4 — Rest Dough (20 mins)**

**Staff:** Explain gluten relaxation.

**Children:** Wrap dough and allow to rest.

## **5. Texture Cues & Fixes**

**Dough too dry:** Add 1 tsp water or beaten egg at a time.

**Dough too wet:** Dust lightly with flour and knead again.

**Dough tearing:** Needs more kneading or rest time.

**Dough sticky after rest:** Light flour dusting only.

## **6. Delivery Notes for Staff**

This session sets foundations for the rest of the week.

Rotate kneading to avoid fatigue.

Reassure children that dough improves with practice.

## **7. End of Session**

### **Reflection Questions:**

- How did the dough feel at first?
- What changed after kneading?

**Clean Down:** Wipe surfaces, wash bowls, store dough wrapped and labelled.