

Adventure Cooking Camp

Session Plan: Ravioli Assembly

1. Session Overview

Day: Tuesday

Time: 13:15–14:45

Age Range: 8–14

Group Size: Up to 4 children per group

Duration: 90 minutes

Energy Level: Medium

2. Learning Focus

Primary Skills: Rolling pasta, portion control, sealing

Secondary Skills: Precision, patience, teamwork

Confidence Outcome: Children feel confident assembling filled pasta without splitting or leaking.

3. Ingredients & Equipment (Per Group of 4)

Ingredients:

- Fresh pasta dough – from earlier session (approx. 400g)
- Ravioli filling – prepared earlier (approx. 300g)
- Plain flour – for dusting

Equipment:

- Rolling pin or pasta machine
- Knife or pasta cutter
- Teaspoon
- Pastry brush or finger bowl (water)

Allergens: Gluten, Egg, Milk

4. Step-by-Step Cooking Instructions

Step 1 — Safety & Setup (10 mins)

Staff: Explain pinch-and-seal method and gentle handling. Assign roles (roller, filler, sealer).

Children: Wash hands, lightly flour surface.

Step 2 — Roll Pasta (20 mins)

Staff Show: Rolling evenly from centre outwards.

Children Do: Roll dough to approx. 2mm thickness.

Texture Cue: Dough should be thin but not see-through.

Step 3 — Portion Filling (20 mins)

Staff: Demonstrate correct amount (1 tsp per ravioli).

Children: Place filling evenly spaced.

Safety: No overfilling.

Step 4 — Seal Ravioli (25 mins)

Staff: Show brushing edges with water and pressing out air.

Children: Fold, press and cut ravioli.

Texture Cue: Edges should be firmly sealed with no air pockets.

Step 5 — Rest & Store (15 mins)

Staff: Explain resting before cooking.

Children: Lay ravioli on floured tray.

5. Troubleshooting & Fixes

Ravioli splitting: Dough too dry – lightly mist with water.

Filling leaking: Too much filling or poor seal – reduce quantity.

Dough shrinking: Needs more rest time.

Sticky dough: Light dusting of flour only.

6. Delivery Notes for Staff

Precision matters more than speed.

Rotate roles to keep focus and reduce frustration.

Celebrate first successful ravioli loudly.

7. End of Session

Reflection Questions:

- What helped make a good seal?
- What would you do differently next time?

Clean Down: Wipe surfaces, wash tools, store ravioli floured and covered.