

Adventure Cooking Camp

Session Plan: Sweet & Sour Tofu

1. Session Overview

Day: Wednesday

Time: 10:00–11:30

Age Range: 8–14

Group Size: Up to 4 children per group

Duration: 90 minutes

Energy Level: Medium–High

2. Learning Focus

Primary Skills: Stir-frying, sauce balancing

Secondary Skills: Knife skills, heat awareness, teamwork

Confidence Outcome: Children feel confident cooking tofu with flavour and understand sweet–sour balance.

3. Ingredients & Equipment (Per Group of 4)

Ingredients:

- Firm tofu – 400g
- Red pepper – 1
- Pineapple chunks – 200g
- Cornflour – 2 tbsp
- Vegetable oil – 2 tbsp
- Soy sauce or tamari – 3 tbsp
- Ketchup – 4 tbsp
- Rice vinegar – 2 tbsp
- Brown sugar – 2 tbsp
- Garlic – 1 clove, crushed

Equipment:

- Chopping boards
- Knives

- Frying pan or wok
- Wooden spoon
- Mixing bowl

Allergens: Soya (gluten possible if not using tamari)

4. Step-by-Step Cooking Instructions

Step 1 — Safety & Setup (10 mins)

Staff: Explain stir-fry safety and hot pan rules. Assign roles (chopper, mixer, stirrer).

Children: Wash hands, put on aprons, stand clear of hob.

Step 2 — Prepare Tofu & Veg (25 mins)

Staff Show: How to pat tofu dry and cut evenly.

Children Do: Dice tofu and pepper; toss tofu in cornflour.

Texture Cue: Tofu should feel dry before frying.

Step 3 — Mix Sauce (10 mins)

Staff: Explain sweet vs sour balance.

Children: Mix soy, ketchup, vinegar, sugar and garlic.

Step 4 — Fry & Combine (30 mins)

Staff: Control heat. Fry tofu until golden, then add veg and pineapple.

Children: Stir carefully and add sauce gradually.

Critical Cue: Sauce should thicken and coat tofu.

Step 5 — Taste & Adjust (15 mins)

Staff: Lead safe tasting.

Children: Adjust sweet or sour as needed.

5. Texture & Flavour Fixes

Soggy tofu: Not dry enough or pan too cool.

Sauce too sharp: Add small pinch of sugar.

Sauce too sweet: Add splash of vinegar.

Sauce watery: Simmer longer or add pinch of cornflour slurry.

6. Delivery Notes for Staff

Keep pan movement controlled — no tossing.

Use this session to reinforce heat respect.

Celebrate crispy tofu moments.

7. End of Session

Reflection Questions:

- How did drying the tofu change the result?

- What helped balance the flavours?

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