

Little Ladies Night Out

“What’s Cooking?”

Program by Cobourg YP Team

(Suggested age for program is 4-12)

Evening Outline:

6:00 – 6:30pm	Arrival/Registration
6:30 – 7:00pm	Individual group activities - Activity #1 (Making Cookies/Games)
7:00 – 7:30pm	Individual group activities - Activity #2 (Making Cookies/Games)
7:30 – 8:00pm	Individual group activities – Activity #3 Special Guest: Talk on healthy eating
8:00 – 8:30pm	Snack, Devotional & Announcements
8:30pm	Dismissal

Arrival: (6:00 – 6:30pm)

While children are waiting for others to arrive they can decorate a chef’s hat to wear throughout the evening. **Supplies:** Smelly markers, crayons, food stickers, ‘chef hats’, staplers

Group Activities: (6:30 – 8:00pm)

Children can be divided into three groups depending on the number of children. All three activities will run simultaneously and the groups will be on a rotation basis. Each activity will be approximately ½ hour long.

Purpose:

To teach the girls through fun activities and education that not only do we need to live a healthy life and take care of our bodies by eating the right foods and exercise, but we need to take the same kind of care with our spiritual lives and our relationship with God.

Registration:

Set up 2 tables. The first table can be used for the girls to get their name tags (names will be written on the ‘chefs hat’ that the girls will receive when they register) The second table can be used for registration and fees if applicable. Having separate tables can help reduce congestion at the registration table if a large number is expected.

Activity #1 – Making Cookies:

Supplies: tables, large mixing bowls, mixing spoons, measuring cups, cookie sheets, cooking spray, parchment paper

Help children mix all the ingredients and put cookie dough on baking sheet. See recipe on next page. Have snack helpers take care of baking the cookies for the girls to enjoy later.

Recipe: Chocolate Cookies

Prep: 10 min

Bake 8-10 min.

Cool: 2 min.

Ingredients: Makes approx. 4 dozen (per recipe book)

¾ cup granulated sugar

¾ cup packed brown sugar

1 cup unsalted butter, softened

1 tsp vanilla extract

1 large egg

2 ¼ cups all-purpose flour

1 tsp baking soda

Pinch salt

2 cups semi-sweet chocolate chips

Baking Instructions: Pre-heat oven to 375F.

Cream sugars, butter, vanilla, and egg.

Mix in flour, baking soda and salt.

Drop dough by rounded tablespoonfuls about 2 inches apart onto **ungreased** cookie sheet (I prefer to use parchment paper)

Remove from cookie sheet to wire rack.

Note: make sure butter is not too soft or your cookies will end up flat rather than slightly rounded.

Activity #2a – Food Games (ages 4-7):

Supplies: A recipe typed out on a piece of paper.

The ingredients listed individually on paper, which is cut into circles.

Games: A recipe card and ingredient list was given to each girl. The ingredient list was written on individual circles. Working in teams, the young girls had to match up the ingredient on the recipe card to the ingredient on the list. Whoever got the highest number of correct ingredients, won that round. Continue to play off against each other until there is one winner.

Activity #2b – Food Games (ages 8-12): (

Supplies: *White board, white board markers, white board erasers, playdoh, index cards, masking tape.*

Games: Food Pictionary

Food Sculpture Pictionary

What Am I? (food version of Head Banz)

Activity #3 – Healthy Snacks Presentation:

Invite guest to do a presentation on healthy eating and what are healthy snacks. As well ask guest or one of the leaders to do a demonstration on how to make a healthy smoothie.

Snack:

Snack: apples & apple cider, cookies (the ones the girls have made), smoothies, water

Devotional:

Devotions will take place after all the activities are completed. Once devotions are done announcements will be made and children will be dismissed

Devotional Idea: Comparing the elements of a healthy school lunch, to the elements that we need in our lives as Christians. So for example: Fruits/Veggies have a lot of different nutrients

that we need in order to be healthy- the Church has a lot of different people that we need that can help us be healthy people.

Scripture Suggestions:

Fruit of the Spirit – Galatians 5:22-23,

Feeding of the 5,000 – Matt. 14:13-21, Mark 6:30-44, Luke 9:10-17,

Giving Thanks -- Ps. 136 & 100:4, Col. 3:15-16, 1Thes. 5:18

Decorating/Costumes:

Decorations: plastic food (Dollarama), posters with food, Fruit of the Spirit posters

Costumes: aprons, chef hats