



KIDS  
*Cooking*  
CAMP  
HOSTED BY BLUE APRON

WEEK

7

Catch up on previous weeks' activities at [cook.ba/camp](https://cook.ba/camp)

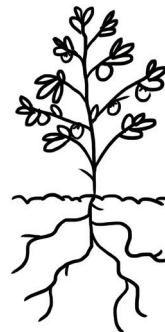
**GOAL:** Help your kids put together a little show to talk about everything they've learned.

ACTIVITY DIFFICULTY: MEDIUM  
●●○ Ask Mom or Dad for help.

SHOW AND TELL



THIS IS WHAT  
I LEARNED





WEEK 7  
SHOW AND TELL



**CAMP CONTEST**

Share a video of what you've learned at [cook.ba/camp](https://cook.ba/camp) or on Instagram by tagging [@blueapron](https://www.instagram.com/blueapron) and [#BAcookingcamp](https://www.instagram.com/BAcookingcamp)

**INSTRUCTIONS:**

Now that you're well on your way to becoming a junior chef, think back on what you learned in cooking camp and imagine what else you'd like to try in the future. Ask your mom or dad to film you reading it. Color in the front of this insert to hold up at the start of the video!

**Filming DO's and DONT's for Mom & Dad:**

1. **DO** film on your parent's' phone or video camera—whatever you have will work great!
2. **DO** turn on all the lights in the room you're filming in so that we can see you and your delicious food. **DON'T** worry about making anything look fancy though.
3. **DO** have fun and be yourself! We want to see your personality.
4. **DO** shoot with the camera sideways. It will help us see everything all the details.
5. **DON'T** feel like you have to read your script exactly as you wrote it. Speak from the heart about what you loved about camp.
6. **DON'T** play music in the background. We want to hear you speaking loud and clear!



My name is \_\_\_\_\_.

I'm \_\_\_\_\_ years old. I enjoy cooking with my family because \_\_\_\_\_

\_\_\_\_\_. My favorite food is

\_\_\_\_\_. I learned how to

\_\_\_\_\_ at

Blue Apron Kids Cooking Camp. The funniest thing that happened in the kitchen was when I

My goal for the fall is learn how to \_\_\_\_\_