# CULINARY CHEMISTRY (Session A)

## Class Supply List

This course requires the use of appliances such as microwave, stove etc. Parental Supervision is required

### Materials:
- Strong Magnet
- Quart-sized plastic bags
- Bowls
- Glass jars or cups
- Saucepan
- Whisk
- Measuring Spoons
- Measuring Cups
- Mixing Spoon
- Empty plastic water bottle
- Cookie Sheets
- Parchment Paper
- Clear cylinder or narrow glass
- Syringe or eye dropper
- Paper
- Markers
- Stapler
- Scissors
- Wooden Skewer
- Small Pizza Box
- Aluminum Foil
- Plastic Wrap
- Black Construction Paper
- Glue

### Food Supplies:
- Water
- Multi-grain cheerios
- Chia seeds
- Milk (can be plant-based)
- Honey (or other sweetener)
- Vanilla extract
- Fruit of choice (berries, bananas, etc.)
- Butter
- Flour
- Medium cheddar cheese
- Salt
- Chili powder
- Tortilla Chips
- Eggs
- Cream of tartar
- Sugar
- Unsweetened cocoa powder
- Chocolate chips
- Unsweetened Tea
- 3-5 Juices (Examples: Grape, Apple, Orange, Lemon)
- Graham Cracker
- Marshmallow
- Chocolate
Session 1 - Eating Nails for Breakfast?

**Supplies**
- Project A
  - Strong Magnet
  - Quart ziploc bag
  - Bowl
  - Water
  - Multi-Grain Cheerios
- Project B
  - Paper
  - Markers
  - Stapler

**Preparation before Class**
- Gather Materials
### Session 2 - Cooking with Thickeners

#### Supplies

<table>
<thead>
<tr>
<th>Project A</th>
<th>Project B</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jars or Cups</td>
<td>Saucepan</td>
</tr>
<tr>
<td>Spoon</td>
<td>Whisk</td>
</tr>
<tr>
<td>3-4 tbsp chia seeds</td>
<td>2 tbsp butter</td>
</tr>
<tr>
<td>1 cup milk (can be plant based)</td>
<td>2 tbsp flour</td>
</tr>
<tr>
<td>½ tbsp honey (or other sweetener)</td>
<td>1 cup whole milk</td>
</tr>
<tr>
<td>¼ tsp vanilla extract</td>
<td>6 oz shredded medium cheddar cheese</td>
</tr>
<tr>
<td>Fruit of choice (berries, bananas, etc.)</td>
<td>¼ tsp salt</td>
</tr>
<tr>
<td></td>
<td>¼ tsp chili powder</td>
</tr>
<tr>
<td></td>
<td>Tortilla Chips</td>
</tr>
</tbody>
</table>

#### Preparation before Class

- Gather Materials
# Session 3 - Egg-celent Cooking!

## Supplies

<table>
<thead>
<tr>
<th>Project A</th>
<th>Project B</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Empty Plastic Water Bottle</td>
<td>- Cookie Sheet</td>
</tr>
<tr>
<td>- Bowls</td>
<td>- Parchment Paper</td>
</tr>
<tr>
<td>- 6 eggs</td>
<td>- ½ cup egg whites (can use the leftovers from the previous activity)</td>
</tr>
<tr>
<td></td>
<td>- ½ tsp cream of tartar</td>
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<tr>
<td></td>
<td>- ½ cup sugar</td>
</tr>
<tr>
<td></td>
<td>- 1 tsp vanilla</td>
</tr>
<tr>
<td></td>
<td>- 2 tbsp unsweetened cocoa powder</td>
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<tr>
<td></td>
<td>- 1 cup chocolate chip</td>
</tr>
</tbody>
</table>

## Preparation before Class

- Gather Materials
**Session 4 - All About Densi-tea**

**Supplies**
- Clear cylinder or narrow glass
- Syringe/Eye Dropper
- Cup
- 3-5 Juices
  - I.e. Lemon Juice, Grape Juice, Orange Juice, Apple Juice
- Unsweetened Tea

**Preparation before Class**
- Gather Materials

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**Session 5 - Solar S'mores**

**Supplies**
- Small Pizza Box
- Aluminum Foil
- Plastic Wrap
- Black Construction Paper
- Glue
- Scissors
- Wooden Skewer
- Chocolate
- Graham Cracker
- Chocolate

**Preparation before Class**
- Gather Materials