



## Kids Culinary Academy UW-La Crosse

Join us on a culinary adventure! Kids' Culinary Academy 2019's theme is "All Things Italian". Our executive chefs, sous chefs and registered dietitian will inspire your imagination and encourage your creativity as you create mouth-watering delights, sumptuous delicacies and extraordinary dishes. While learning food preparation skills is the main ingredient at Kids' Culinary Academy, each session will also add a heap of kitchen safety, a scoop of etiquette, a pinch of menu planning and laughter to taste. At Kids' Culinary Academy, imaginations are free to run wild as kids discover math, reading, health, time management, food chemistry and social skills through our three hands-on camps!

### Cooking: July 15-17, 2019 | For kids entering grades 6-8

Acquire cooking skills and learn to make pasta from scratch (including ravioli), sauces, wood-fired pizza, dessert and much more!

Register on or before June 15: \$275  
Register June 16 or later: \$300

### Baking: July 18-19, 2019 | For kids entering grades 6-8

Gain baking skills and learn how to create tantalizing Italian desserts such as: cannoli, tiramisu, biscotti, Italian ice and more!

Register on or before June 15: \$220  
Register June 16 or later: \$245

### Advanced Cooking: July 22-23, 2019 | For kids entering grades 6-10\*

Learn advanced cooking skills integral to creating delectable Italian specialties including: homemade pastas, lasagna, sauces, risotto, breads and more.

Register on or before June 15: \$295  
Register June 16 or later: \$320

\*For youth entering grades 6-7, Cooking is a prerequisite for Advanced Cooking.

### Evening meal guests (for Cooking and Advanced Cooking only): \$15

\*Cooking registration fee includes: diploma, apron, chef hat, lunches and snacks.

\*\*Baking registration fee includes: diploma, baking tools, lunches and snacks.

\*\*\*Advanced Cooking registration fee includes: diploma, chef jacket, lunches and snacks.

[www.uwlax.edu/camps](http://www.uwlax.edu/camps) | 608.785.6500



## COOKING

### Day 1: July 15, 2019

8:45-9 a.m.	Camper drop-off Get to know your fellow campers
9 a.m.-Noon	Introduction to food safety and sanitation: ▪ Hand washing ▪ Basic food safety ▪ Kitchen tour ▪ Terminology ▪ Equipment & temperatures
Noon-1 p.m.	Lunch ▪ Demonstration of dinner entrée
1-3:30 p.m.	▪ Prep vegetables for big dinner using knife skills ▪ Nutrition knowledge ▪ Prepare healthy snacks
3:30 p.m.	Dismissal

### Day 2: July 16, 2019

8:45-9 a.m.	Camper drop-off
9 a.m.-Noon	Working in the kitchen
Noon-1 p.m.	Lunch ▪ Dessert demonstration
1-3:30 p.m.	▪ Review recipes and create a master prep list for big dinner
3:30 p.m.	Dismissal

### Day 3: July 17, 2019

8:45-9 a.m.	Camper drop-off ▪ Breakfast ideas
9 a.m.-Noon	▪ Etiquette ▪ Table setting ▪ Serving your guests
Noon-1 p.m.	Lunch
1-4:30 p.m.	Final preparation for big dinner
4:30-5:30 p.m.	Eat dinner with your family
5:30 p.m.	Dismissal

## BAKING

### Day 1: July 18, 2019

8:45-9 a.m.	Camper drop-off Get to know your fellow campers
9 a.m.-Noon	Introduction to food safety and sanitation: ▪ Hand washing ▪ Basic food safety ▪ Kitchen tour ▪ Terminology ▪ Equipment & temperatures
Noon-1 p.m.	Lunch
1-3:30 p.m.	Working in the kitchen
3:30 p.m.	Dismissal

### Day 2: July 19, 2019

8:45-9 a.m.	Camper drop-off
9 a.m.-Noon	Working in the kitchen
Noon-1 p.m.	Lunch
1-3:30 p.m.	Working in the kitchen
3:30 p.m.	Dismissal

## ADVANCED COOKING

### Day 1: July 22, 2019

8:45-9 a.m.	Camper drop-off Get to know your fellow campers
9 a.m.-Noon	Introduction to food safety and sanitation: ▪ Hand washing ▪ Basic food safety ▪ Kitchen tour ▪ Terminology ▪ Equipment & temperatures ▪ Knife cuts/cooking techniques ▪ Campers prepare their own meal for lunch
Noon-1 p.m.	Lunch
1-2 p.m.	Prep vegetables using knife skills
2-3:30 p.m.	▪ Nutrition knowledge ▪ Prepare health snacks
3:30 p.m.	Dismissal

### Day 2: July 23, 2019

8:45-9 a.m.	Camper drop-off
9 a.m.-Noon	▪ Demo stations for appetizer party ▪ Serving Etiquette
Noon-1 p.m.	Lunch
1-4:30 p.m.	Review recipes and prepare for the big event
4:30-5:30 p.m.	Party: Serve your family, eat and enjoy
5:30 p.m.	Dismissal



A sensational selection of summer youth camps!

# 2019 SUMMER DAY CAMPS

Join us for hands-on learning activities in a supportive, nurturing and FUN environment.

June 19-20 **BOYS' SCIENCE EXPLORATION**  
**GIRLS IN SCIENCE**

June 25-26 **ENVIRONMENTAL EXPLORERS**

### KIDS CULINARY ACADEMY:

July 15-17 **Cooking**

July 18-19 **Baking**

July 22-23 **Advanced Cooking**

**SCHOLARSHIP OPPORTUNITIES AVAILABLE!**



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608.785.6500

*This program is not supported by this school district.*



# BOY'S SCIENCE EXPLORATION CAMP & GIRLS IN SCIENCE CAMP

A SCIENCE DAY CAMP FOR KIDS ENTERING GRADES 6-8

JUNE 19-20, 2019  
UW-LA CROSSE CAMPUS

- Hands-On Experiments
- Your Choice From 12 Workshops
- Taught By University Faculty And Staff

Registration: Register on or before May 19: \$129\*  
Register May 20 or later: \$149\*

\*Registration includes day camp activities, lunches each day and a commemorative bag.

## FEATURED PRESENTATION:

### Trane engineers

Greg Chilcote and Michelle Yi-Ching Wang are in front of a Trane Centrifugal Chiller used for prototype testing in the Trane Engineering Lab. Both Greg and Michelle are engineers that work on new product development, focused on compressor modeling, design and development. Both will be giving a presentation to let students know what an engineer is, what type of education it takes, and what type of work they do on their jobs.



## WORKSHOPS:

### GROUP 1

#### Food is Fuel and Munch, Munch More!

*Peg Maher, Ph.D., R.D., Biology*  
Our bodies are like engines that use fuel to do work. Just like the gas we put in our cars, the food we eat is fuel for our bodies. Food also contains many chemicals and chemical properties that can be exploited to improve taste, texture, and nutrition. We will investigate the science of food with some yummy (and not-so-yummy) experiments and explore ways to optimize your engine's fuel efficiency!

#### It's Electric! | *Jennifer Docktor, Ph.D., Physics*

Explore the science of electricity by making objects move without touching them, building circuits with light bulbs and motors, and making an electromagnet. It will be a hair-raising experience!

#### Junkyard Digestion | *Sumei Liu, Ph.D., Biology*

The human body needs food to survive. The digestive system converts the foods we eat into their simplest forms and absorbs them into the blood. The bloodstream carries the nutrients to every cell in our body, which will be used for energy. What is the digestive system made of and how does it work? In this workshop, you will build a working model of the digestive tract out of used goods and household items. You will then test your model and make sure it digests food and produces an end product (i.e. "poop").

### GROUP 2

#### Making Nylon and Polystyrene: The Reactions that Keep Going, and Going, and Going ...

*Nick McGrath, Ph.D., Chemistry and Biochemistry*  
Polymers like nylon and polystyrene are found in everything that we use every day from the clothes that we wear to the plastic in the water bottles that we drink from. Each type of polymer is designed to have properties that match their use. You wouldn't want to wear clothes made up of hard plastics like in water bottles and you wouldn't want your laptop case to be made of a soft polymer like nylon. In this workshop, we will be making two very different polymers with drastically different properties. We will also have a contest to see who can make the longest single strand of nylon.

#### Cracking the Code: the Amazing Story of DNA!

*Basudeb Bhattacharyya, Ph.D., and Kelly Gorres, Ph.D., Chemistry and Biochemistry*  
What story consists of 3,000,000,000 letters, yet only has words made from 4 unique letters? Why it's the story of YOU! In this hands-on workshop, we will explore the biological and chemical nature of these letters, otherwise known as DNA. Come learn about this amazing molecule that makes us who we are!

#### (Boys only) Reaction Time!

*Heidi Masters, Ph.D., Educational Studies*  
What type of reaction was that? Come explore what new substances you can create by combining two or more substances together. You will be in awe of your new creations. Students will be exploring various properties of chemical reactions.

## SCHEDULE

### WEDNESDAY, JUNE 19, 2019

9-9:20 a.m.	Registration
9:20-9:30 a.m.	Welcome
9:40-11:40 a.m.	Girls Group 1 Boys Group 2
Workshops	
11:50 a.m.-12:30 p.m.	Lunch
12:40-1:40 p.m.	Campus Tour
1:50-3:50 p.m.	Girls Group 2 Boys Group 1
Workshops	
4 p.m.	Adjourn/Pick up

### THURSDAY, JUNE 20, 2019

9-9:20 a.m.	Check-in
9:20-9:30 a.m.	Organize
9:40-11:40 a.m.	Girls Group 3 Boys Group 4
Workshops	
11:50 a.m.-12:30 p.m.	Lunch
12:40-1:40 p.m.	Engineers from Trane
1:50-3:50 p.m.	Girls Group 4 Boys Group 3
Workshops	
4 p.m.	Adjourn/Pick up

Susan Kelly, Ph.D., Science Director

Special thanks to:

Trane/Ingersoll Rand  
Gundersen Health System

#### (Girls only) When Light and Matter Collide *Kendric Nelson, Ph.D., Chemistry/Biochemistry*

From the colors we see in a rainbow to glow-in-the-dark toys, light-matter interactions are the source of these phenomena. We will investigate what matter is and how light can be reflected, absorbed, and even emitted from matter. An investigation of some common household items with unusual light-matter interactions will be undertaken.

### GROUP 3

#### Crime Scene Investigation: The Case of Jason Worth

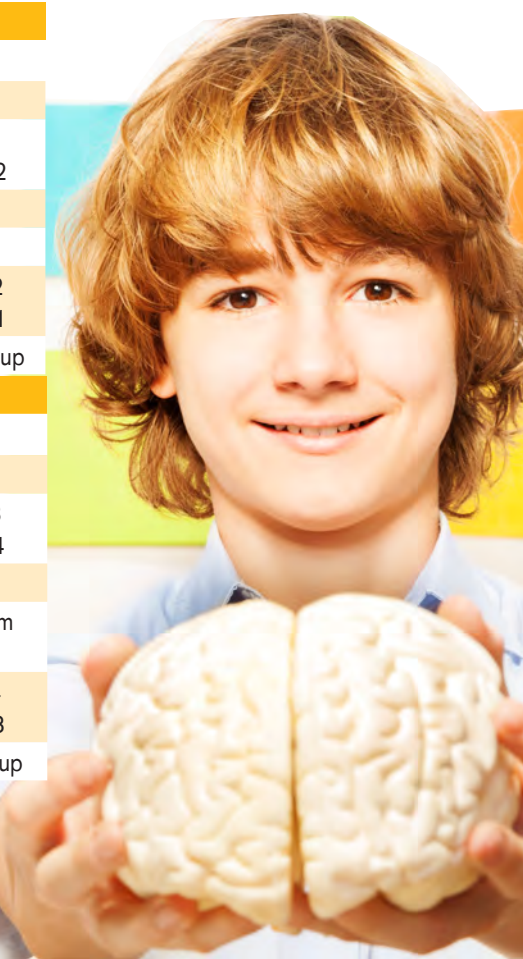
*Faye Ellis, M.S., Biology*  
A missing heir, Jason Worth, comes from a world of money, power and mystery. Use the skills of a forensic scientist to discover who kidnapped Jason Worth by analyzing blood samples, finger prints and other evidence to solve the crime.

#### Roller Coasters | *Seth King, Ph.D., Physics*

Have you ever wondered how a roller coaster can go upside down or make a barrel roll? Why does the start hill have to be so high above the ground? In this program you will learn about the scientific principles that govern roller coaster design, and use them to build your own model roller coaster!

#### (Girls only) Reaction Time!

*Heidi Masters, Ph.D., Educational Studies*  
What type of reaction was that? Come explore what new substances you can create by combining two or more substances together. You will be in awe of your new creations. Students will be exploring various properties of chemical reactions.



#### (Boys only) When Light and Matter Collide

*Kendric Nelson, Ph.D., Chemistry/Biochemistry*  
From the colors we see in a rainbow to glow-in-the-dark toys, light-matter interactions are the source of these phenomena. We will investigate what matter is and how light can be reflected, absorbed, and even emitted from matter. An investigation of some common household items with unusual light-matter interactions will be undertaken.

### GROUP 4

#### Talking to Computers: How the Internet Works

*Samantha Foley, Ph.D., Computer Science*  
Computers need special languages and infrastructure to communicate across the Internet. How do computers talk to other computers across the world? What does it take to make a language that can be understood by someone on the other side of the Internet? In this workshop, we will learn how the Internet works and how messages are sent across the world. We will also work on our own language for communicating across the Internet and practice sending messages to our friends.

#### Get Exposed to Applications of Elementary Number Theory in Cryptography | *Huiya Yan, Ph.D., Mathematics*

Do your parents check your cellphone to oversee your text messages? If so, we can use cipher texts instead. They would never figure them out. Let's study some cryptography and you will see numbers are so cool!

#### Making Bones Speak

*Connie Arzigian, Ph.D., Archaeology/Anthropology*  
Ever wondered how scientists identify someone just from their bones? In this workshop, we'll look at some (replica) human bones that were found in the woods. We'll figure out the sex, age, height, and ancestry of the person, to help identify the remains for the police, and see how forensic scientists work.

# ENVIRONMENTAL EXPLORERS

AN ENVIRONMENTAL DAY CAMP FOR KIDS ENTERING GRADES 4-6  
JUNE 25-26, 2019

Grab your binoculars, hip boots and discover the hidden treasures of nature living in and along the Mississippi River. Learn and perform field and laboratory techniques used by scientists studying the Upper Mississippi River. Collect and identify macroinvertebrates, the small "critters" living in the mud and swimming in the water. Identify and learn about aquatic plants, trees, reptiles and amphibians of the floodplain forest. Observe and identify birds and the nests they make. Simulate tracking animals with radio transmitters. Navigate the forest and prairie using Global Positioning System, aerial photographs and land maps.

Location: Upper Midwest Environmental Science Center/USGS  
2630 Fanta Reed Rd. | La Crosse, WI 54603

Registration: Register on or before May 25: \$110\*  
Register May 26 or later: \$135\*

\*Registration includes instructional materials, use of equipment, lunches and tote bag.

### TUESDAY, JUNE 25, 2019 Tentative Schedule

7:30-8 a.m.	Registration
8-9:15 a.m.	Group 1: Songbird Study Along the Mississippi River Group 2: Sampling Water Quality in the River: How and Why
9:15-9:30 a.m.	Break
9:30-10:45 a.m.	Group 1: Sampling Water Quality in the River: How and Why Group 2: Songbird Study Along the Mississippi River
10:45-11:30 a.m.	Environmental Games (Invasive Species & Bird Migration)
11:30 a.m.-12 p.m.	Lunch (box lunch provided)
12-12:15 p.m.	Bus ride to Nelson Park
12:15-1:30 p.m.	Group 1: Backwater Safari: Plant ID & Habitats Group 2: Fishes of the Mississippi River: Identification & Habitats
1:30-1:45 p.m.	Break
1:45-3 p.m.	Group 1: Fishes of the Mississippi River: Identification & Habitats Group 2: Backwater Safari: Plant ID & Habitats
3-3:15 p.m.	Bus ride to USGS
3:15 p.m.	Depart

### WEDNESDAY, JUNE 26, 2019 Tentative Schedule

7:45-8 a.m.	Arrival
8-9:15 a.m.	Group 1: Small Critters of the River Group 2: Mapping Our Environment & Tracking Animals
9:15-9:30 a.m.	Break
9:30-10:45 a.m.	Group 1: Mapping Our Environment & Tracking Animals Group 2: Small Critters of the River
10:45-11:30 a.m.	Environmental games (Invasive Species & Bird Migration)
11:30 a.m.-12 p.m.	Lunch (box lunch provided)
12:15-1:30 p.m.	Group 1: Forests Group 2: Soils
1:30-1:45 p.m.	Break
1:45-3 p.m.	Group 1: Soils Group 2: Forests
3-3:30 p.m.	Closing ceremony
3:30 p.m.	Depart



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