



FUTURE FOOD STARS COOKING SUMMER CAMP

CREATED BY
ANDREEA APOSTOL PLANT-BASED CHEF

AGES 6–12

HANDS-ON • FUN • CONFIDENCE BUILDING

BASIC COOKING • KITCHEN SAFETY • KITCHEN TOOLS • MEAL PREP • TEAMWORK • CREATIVITY & PRESENTATION

ATELIER 853
CREATE. INSPIRE. LEARN. GROW



Andrea Apostol
PLANT-BASED CHEF



DAY 1 – FROM MARKET TO TABLE

Morning Experience: Coloane Market Visit

- Learning how to select fresh vegetables and fruits
- Understanding seasonality
- Introduction to plant-based ingredients
- Talking about colors, textures, and freshness
- Respecting local vendors and food sourcing

Kitchen Skills Development

- Kitchen hygiene & safety rules
- Proper hand washing & clean-as-you-go habits
- Introduction to knife safety (age-appropriate cutting techniques)
- Measuring ingredients correctly
- Teamwork basics

Hands-On Recipes

Veggies Quesadillas
Apple Crumble

Focus of the Day:

- Confidence building
- Independence
- Connecting food to its source





DAY 2 – FRESH PASTA & FLAVOR LAB

Skills Focus:

- Making fresh pasta dough from scratch
- Rolling and shaping pasta
- Understanding texture and elasticity
- Flavor balance in sauces
- Working efficiently in teams

Hands-On Recipes

- Fresh Handmade Pasta
- Pasta Sauce
- Energy Bites (Healthy Snack)

Focus of the Day:

- Teamwork
- Patience
- Understanding how ingredients transform

DAY 3 – BAKING & DOUGH MAGIC

Skills Focus:

- Yeast basics
- Measuring for baking precision
- Dough fermentation awareness
- Timing and oven safety
- Kitchen organization

Hands-On Recipes

- Margarita Pizza
- Cupcakes

Focus of the Day:

- Patience
- Precision
- Confidence in baking



DAY 4 – FLAVORS, TEXTURES & CREATIVE PLATING

Skills Focus:

- Texture work
- Plating techniques
- Garnishing
- Color balance
- Speaking confidently about a dish

Hands-On Recipes

- Fried Noodles
- Chocolate Tart

Focus of the Day:

- Flavor understanding
- Technical skill
- Creativity
- Professional presentation



DAY 5 - SIGNATURE MEAL CREATION

Skills Focus:

- Building a full meal
- Flavor layering & spices
- Cooking grains properly
- Time management
- Leadership within teams

Hands-On Recipes

- Stie Fried Veggies with Rice
- Mango Parfait

Focus:

- Full meal execution
- Rehearsal for competition



A photograph of several young children in a kitchen setting, wearing white chef hats and aprons. They are focused on plating food on white plates. The background is slightly blurred, showing more children and kitchen equipment.

DAY 6 – MASTER CHEF CHALLENGE

- Team dish creation
- Time management
- Professional plating
- Presentation to invited chefs
- Awards & Certificates Ceremony

**Every child celebrated
Professional feedback
Confidence-building finale**