

360 COOKING STUDIO



What makes the 360 cooking summer camp special?

Reason 1 - Daily theme structure.

Our summer cooking camp is designed to do more than just teach kids how to cook—it helps them build life skills, independence, and confidence in a fun, supportive environment. Each day follows a unique theme that introduces children to real-world concepts like kitchen safety, smart shopping, recipe reading, sustainability, and hospitality. Through hands-on activities, games, and cooking projects, campers learn not only to prepare delicious food, but also to think creatively, work as a team, and feel proud of their growing autonomy and awareness around food and daily life

Our monthly program as each day of the week emphasizes a theme to help your child become a chef in the kitchen.

Every week:

Day 1 Monday: “Kitchen Ninjas”

Theme: Kitchen Safety, food hygiene, tools handling...confidence and outdoor games
Every Monday, Campers will be introduced to kitchen tools and how to use them safely—whisks, peelers, spatulas, and age-appropriate knives. They'll also learn heat safety, cleaning up, and teamwork in the kitchen. The goal is to make them feel capable and safe in any kitchen setting.

Day 2 Tuesday: “Becoming a Great Shopper”

Theme: Smart Choices & Grocery Confidence

Kids will explore how to navigate grocery stores, read labels, compare prices, spot healthy options, and build shopping lists. They'll role-play as “mini shoppers,” learning how to make smart, budget-friendly decisions that help at home and support healthy eating.

Day 3 Wednesday: “Recipe Rebels: Creating & Following”

Theme: Culinary Literacy & Creative Cooking

In this week, kids will learn how to follow a recipe, understand measurements, and even start tweaking recipes with their own creative twists. They'll practice adapting dishes to dietary needs and invent simple snacks and meals—encouraging independence and imagination.

Day 4 Thursday: “Farm to Fork: Young Foodies”

Theme: Food Origins, Gardening & Sustainability

Campers will explore where ingredients come from, the importance of eating locally and seasonally, and how to reduce food waste. Activities might include mini gardening, composting demos, and cooking with fresh produce—teaching responsibility and care for the planet.

Day 5: “Hosting Heroes and Iron Chef: Setting the Table & Sharing Food”

Theme: Hospitality, Etiquette & Community as well as learning to create improvised dishes.

In this final week, kids will learn the joy of cooking **for others**. Explore the essentials of table setting, serving their guests in a polite and hospitable way. Activities include napkin folding, plating basics, glassware and cutlery. Not forgetting basic, casual and formal table settings. A great time for students to proudly step into the role of host and cook...for the parents coming for the pickup.

This week teaches leadership, empathy, and satisfaction in one's work—The true joy of hospitality.

Reason 2 - Bringing Classic Recipes Home: Campers will be fed with delicious artisanal food during their time with us, but will also cook timeless, family-friendly recipes they can easily bring back home, encouraging bonding and shared meals with loved ones. Students will craft these recipes during the afternoon, 3 times a week.

Reason 3 - International Menu Made from Scratch: Each day features hands-on cooking from different cultures during mornings, giving kids a delicious and fun way to explore different food cultures. During afternoons we will cook fun snacks and classic recipes to bring home.

Summer Camp Menu

WEEK 1 – Flavors of Europe - (June 29th to July 3rd) - (July - 27th to July 31st) - (August - 24th to 28th)

Monday – Italy

Morning

- *Main:* Mini Margherita Pizzas with fresh tomato sauce
- *Dessert:* Hot Chocolate Tiramisu

Afternoon

- *Snack Attack:* Caprese Skewers, Prosciutto Melon and biscotti
- *To bring home:* Homemade Lasagna

Tuesday – France

Morning

- *Main:* Croque Monsieur and Croque Madame
- *Dessert:* Mini Veggie Quiches, Chocolate dipped fruits

Afternoon

- *Snack Attack:* Baked Brie appetizers

Wednesday – Spain

Morning

- *Main:* Chicken & Veggie Paella
- *Dessert:* Oven Churro bites with Cinnamon Sugar

Afternoon

- *Snack Attack:* Fresh Fruit Smoothies and Patatas Bravas with mild Tomato Sauce
- *To bring home:* Basque cheese cake

Thursday – Greece

Morning

- *Main:* Greek Chicken Skewers with Rice
- *Dessert:* Honey-Yogurt Parfait with Berries

Afternoon

- *Snack Attack:* Tzatziki with Pita Triangles, Veggie Sticks & Hummus
- *To bring home:* Spanakopita

Friday – Iron Chef day and kids in charge of service

- *Appetizer, Main, Dessert & Snack:* Mystery Ingredients
Our young Chefs will use all the skills they learned all week and come up with their own menu under our staff guided supervision.
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WEEK 2 – Asian Adventures - (July - 6th to 10th) - (August - 3rd to 7th)

Monday – Japan

Morning

- *Main:* Teriyaki Chicken Rice Bowls
- *Dessert:* Fluffy Pancakes

Afternoon

- *Snack Attack:* Stirfry with Omurice rice (Japanese omelette) and Edamame Salad
- *To bring home:* yaki soba

Tuesday– India

Morning

- *Main:* Butter Chicken with Naan (mild spice)
- *Dessert:* Mango lassi Pops

Afternoon

- *Snack Attack:* Mini Samosas, Spiced Roasted Chickpeas

Wednesday– Thailand

Morning

- *Main:* Chicken Pad Thai (tweaked for kids)
- *Dessert:* Coconut Sticky Rice with Fruit

Afternoon

- *Snack Attack:* Fresh Rolls, Cucumber Salad with Lime Dressing
- *To bring home:* Green Curry

Thursday– Korea

Morning

- *Main:* Korean BBQ-style Chicken Wraps
- *Dessert:* Melon Pops

Afternoon

- *Snack Attack:* Yachaejeon Veggie Pancakes, Vegetable Japchae
- *To bring home:* Bibimbap

Friday – Iron Chef day and kids in charge of service

- *Appetizer, Main, Dessert & Snack:* Mystery ingredients
Our young chef will use all the skills they learned so far this week to come up with their own menu under our chef's supervision.
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WEEK 3 – Tastes of the Americas - (July - 13th to 17th) - (August - 10th to 14th)

Monday – Mexico

Morning

- *Main:* Chicken Tacos with fresh toppings
- *Dessert:* Choco-Banana Quesadilla

Afternoon

- *Snack Attack:* Mexican Street Corn, Guacamole with Corn Chips

Tuesday – USA

Morning

- *Main:* Sliders, homemade pickles, Sweet Potato Fries
- *Dessert:* Berry Shortcake

Afternoon

- *Snack Attack:* Sourdough Grilled Cheese with Tomato Dip, Mac and Cheese Bites
- *To bring home:* Classic Apple Pie

Wednesday – Brazil

Morning

- *Main:* Cilantro Chicken & Veggie Skewers with Rice
- *Dessert:* Brigadeiros (Chocolate Fudge Balls)

Afternoon

- *Snack Attack:* *Pastel de Forno*, Cheese Bread (Pão de Queijo)
- *To bring home:* Chicken Galinhada

Thursday – Canada

Morning

- *Main:* Roasted Chicken, Maple apple salad and Potatoes
- *Dessert:* Pudding Chomeur

Afternoon

- *Snack attack:* Montreal bagel sandwich
- *To bring home:* Tourtiere

Friday – Iron Chef day and kids in charge of service

- *Appetizer, Main, Dessert & Snack:* Mystery ingredients
Our young Chefs will use all the skills they learned so far this week to come up with their own menu under our chef's supervision.

WEEK 4 – Creative Cooking - (July - 20th to 24th) - (August - 17th to 21st)

Monday – Comfort Food Day

Morning

- *Main:* Ravioli
- *Dessert:* Strawberry Shortcake

Afternoon

- *Snack Attack:* Shepherd pie, Chicken Noodle Soup
- *To bring home:* Caramel Banana Bread

Tuesday – Artisan Day

Morning

- *Main:* From scratch Hot Dog with Pretzel Bun
- *Dessert:* Fresh Berry Crumble

Afternoon

- *Snack Attack:* Baguette Sandwich
- *To bring home:* Fresh Baguette

Wednesday – Street Food Day

Morning

- *Main:* Build-your-own Rice Bowls
- *Dessert:* Banana Split

Afternoon

- *Snack Attack:* Stuffed Roasted Potatoes & Sauces
- *To bring home:* Tacos made from scratch

Thursday – Brunch Day

Morning

- *Main:* Poach Eggs Benedict or frittatas du jour
- *Dessert:* French Toast

Afternoon

- *Snack Attack:* Savory Crepes

Friday – Iron Chef day and kids in charge of service

- *Appetizer, Main, Dessert & Snack:* Mystery ingredients
Our young chef will use all the skills they learned so far this week to come up with their own menu under our chef's supervision.

Please note: All camp menus are subject to change at any time. Since we cook everything from scratch, ingredient availability may vary due to seasonal changes or supplier differences. Additionally, our chefs are creative by nature and may occasionally introduce spontaneous enhancements to the menu.

Reason 4 - Recipe Book Binder: Throughout the camp, children will collect and personalize their own recipe book binder, helping them build a lasting connection to the meals and knowledge they've learned.

Reason 5 - Creative Ideas and Fun Games: Beyond cooking, each day includes playful challenges, team games, blind test challenges to learn about the 5 senses, and imaginative activities that keep the energy high while emphasizing kitchen skills and creativity.

FAQ – Frequently Asked Questions

1. What meals will my child be involved in during the camp? What kind of lunch will they eat?

The answer depends on whether your child is enrolled in the **morning session, afternoon session**, or attending **all day**.

Morning Session (9:00 AM – 12:30 PM):

- Campers prepare a **2-course meal from scratch**.
- The meal is enjoyed together around **11:30 AM**.
- This session focuses on hands-on cooking, including techniques, teamwork, and creativity in the kitchen.

Afternoon Session (12:00 PM – 3:30 PM):

- Begins with the preparation of the **“Snack Attack” lunch** — a fun, educational kitchen activity where kids learn fundamentals while preparing a shared snack-style meal that will be eaten in the middle

of the afternoon.

- Campers also cook or bake a **world famous recipe** that they will get to bring home.
- Families may **request an optional full meal** in advance for the afternoon session; in that case, campers should arrive at **11:30 AM**.

Full-Day Participation (9:00 AM – 3:30 PM):

- We highly recommend the full-day option for the **complete culinary learning experience**.
- Campers benefit from both the structured 3-course lunch prep in the morning and the hands-on take-home recipes and foundational skills in the afternoon, as well as all the daily themes that will be covered during the camp.

2. Will my child use knives?

Yes — under close supervision and with age-appropriate guidance.

We believe in teaching proper knife skills as an important part of kitchen confidence and safety. Children will be introduced to safe handling techniques using child-friendly or appropriately sized knives, depending on their age and experience level. Our instructors ensure that all cutting activities are monitored carefully, and safety is always the top priority.

3. Are there going to be outdoor activities?

The majority of our camp activities take place inside the cooking studio, where kids are fully engaged in hands-on culinary experiences. However, **weather permitting**, we take short breaks to enjoy the outdoors around **High Park** — a chance to stretch our legs, get some fresh air, and recharge before heading back into the kitchen.