



APPRENTICE CHEF

For Culinary Explorers Ages 10 to 14

What mysteries are hidden in the food we eat? Top off your lab coat with a chef's hat, because you're about to conduct some experiments that show the connection between science and what's on our plates.

Each experiment comes with a recipe for a tasty, nutritious dish that you can enjoy with your family and friends. The secrets of cooking are yours to discover, apprentice chef!



CANADA AGRICULTURE
AND FOOD MUSEUM



Canada

Activities

Milk and alternatives

The ferment wars

Making yogurt – Lactic fermentation experiment

Recipe: Breakfast smoothie

Grain products

What makes bread rise?

Baker's yeast or baking soda? – Leavening agents experiment

Recipe: Banana bread

Making a gluten ball – Wheat flour experiment

Recipe: Pizza crust

Meat and alternatives

Protein-rich foods

How egg-citing! – Eggsperiments

Experiment 1: Is your egg fresh?

Experiment 2: Hardboiled or uncooked egg?

Experiment 3: Bare-naked egg

Experiment 4: Shrinking egg

Recipe: Hard-boiled egg sandwich filling

Recipe: Mini-frittatas with ham and cheese



Meat and alternatives (continued)

Guts and gas – A Gassy experiment

Surprising pantry – Germination experiment

Preparing dried beans

Recipe: Mexican black-bean dip

Vegetables and fruit

From scraps to decorative plants

At the heart of a fruit – Propagating plants from seeds

The citrus seed secret – Germination experiment

Recipe: Lemon ice cubes and frozen pops

Cold wake-up call – Germination experiment

Recipe: Cool peach salsa

Cloning – Vegetative propagation

Crowned with roots – Vegetative propagation experiment

Recipe: Pineapple and fresh berry salad

From potato to plant – Vegetative propagation experiment

Recipe: Tasty oven-fries

