HEALTHY EATING SUMMER CAMP FOR KIDS

Lesson Plan: Day 23: 7/28/2010 – Chocolate Cake time!

Objectives:
1. Students will learn how to bake a healthy chocolate cake.
2. Students will learn and practice their dance for open house on the last day of class.

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| Cooking Time: (60 min) | • Have students get into their original groups, and have them make chocolate zucchini cake.  
  • Have students clean for the last 15 minutes of the activity.  
  • Have students take out whole wheat pizza doughs from the freezer to allow them to defrost overnight. | RECIPE                        |
|                     |                                                                               |                               |
|                     |                                                                               | COOKING UTENSILS              |
|                     |                                                                               | • Pans                        |
|                     |                                                                               | • Measuring cups/spoons       |
|                     |                                                                               | • Cutting boards              |
|                     |                                                                               | • Food processor              |
|                     |                                                                               | • Knifes                      |
|                     |                                                                               | • mixing bowels               |
|                     |                                                                               | • Spoons                      |
| Activity 1: (50 min) | • Have students learn and practice their dance for the open house on the last day of class with the TAs. |                                |
| Exercise time!      |                                                                               |                                |
Chocolate Zucchini Cake

**Ingredients**
- 1/2 c. soft butter
- 1/2 c. vegetable oil
- 1 3/4 c. sugar
- 2 eggs
- 1 tsp. vanilla
- 1/2 c. sour milk
- 2 1/2 c. flour
- 4 tbsp. cocoa
- 1/2 tsp. baking powder
- 1 tsp. baking soda
- 1/2 tsp. cinnamon
- 1/2 tsp. ground cloves
- 2 c. finely shredded & peeled zucchini

**Directions**
1. Peel and shred zucchini in a food processor.
2. Cream butter, oil and sugar. Add eggs, vanilla and sour milk. Beat until well blended.
3. Add dry ingredients; blend well.
4. Stir in zucchini.
5. Spread chocolate chips over cake.
6. Bake in 350 degree oven 40-45 minutes in a greased 9 x 13 inch pan.

Recipe taken from:  http://www.cooks.com/rec/view/0,166,150191-236196,00.html