



O taste and see that the Lord is GOOD!—Psalm 34:8

Description

Taste and See! is a Vacation Bible School curriculum that examines Scripture passages that feature food. As sous chefs for the week who cook and bake, children will engage in daily activities, games, crafts, and play-based learning to familiarize themselves with Bible stories and the Christian concept of God nourishing and feeding us both literally and spiritually. Traditional learning styles are combined with play in STREAM activities (Science, Technology, wRiting, Engineering, Art, and Math), mission projects, and movement.

This curriculum is divided into two age groups: **Salt Chefs** (ages Pre-K to 2nd grade) and **Pepper Chefs** (3rd grade-5th grade). However, you are encouraged to form groups as you see fit, and can even create mixed age groups of both as long as both groups are provided age-appropriate activities during each lesson.

Theme Details

This Vacation Bible School curriculum is designed to teach children about beloved Bible stories that feature food. Presenting the curriculum from a chef's vantage point offers kids a creative perspective of the narratives and allows them to engage in hands-on activities to help them remember the stories. During this program, children are enrolled in an imaginary Chef's Academy as culinary students and referred to as "Junior Chefs." They will be invited to learn all about cooking, baking, food, and how food was featured in Biblical stories as well as in contemporary Christian traditions and rituals.

Each day they will be welcomed and led in preparing the Dish of the Day by their Executive Chef, **Sammy Spatula** and Sammy's Sous Chef, **Olive Ovenmitts**.

Your main group space will be known as the Chef's Kitchen. This is where you will start and end each day and is suggested to also function as the first rotation space. At the end of each day, the children will gather here and be invited to share what they have learned during a brief closing skit, followed by a closing prayer and sharing whatever they cooked together in the morning. At the end of the week, consider giving each child a certificate and/or commemorative spatula, wooden spoon, or cookie cutter as a sign of their graduation from the Chef's Academy.

On Day 1, I suggest giving each child a name badge that can be laminated and/or attached to a lanyard with their name, along with a fun "chef name" made up by using the the first letters of their first and last names and assigning them the corresponding words on the Chef's Names Chart below. For example, a child named Lisa Clark would be Chef Lemon Cake. Templates for printing name tags with spaces for both the child's actual name and chef name are included in your packet.

If your budget allows, I suggest giving each child a chef's hat for the week that they can label with their name, wear each day, and leave in your main space until the last day. Day 1 includes an apron-making activity, but these could also be pre-ordered and given to the kids. These can be purchased in bulk from various websites.

One way of organizing your chefs into groups is to label each group's table or classroom with an ingredient, such as "The Cinnamon Table" or "The Basil Table." For example, "I invite all Cinnamon chefs to go sit at their table." Printable signs for these tables are included in your packet.

Suggested Schedule for a 3-hour, 5 Day Program

These 30-minute rotations are longer than the typical VBS rotations to allow time for food prep, as well as to maximize the lessons in each of the rotations. These can of course be broken down into shorter rotations as needed.

9am-9:15am Welcome, opening songs, opening skit and Dish of the Day introduced

9:20am-9:50am The Chef's Kitchen (Dish of the Day created as a large group, Salt and Pepper Chefs do this rotation together)



Day 1 Opening Skit:

Characters:

- **Sammy Spatula**, our week's Executive Chef and Bible story teller (Note: the script is written using male pronouns for Sammy and female pronouns for Olive, but all skit characters are intentionally gender neutral and easily changed). Sammy wears black pants and a white button down shirt, and of course an apron and a chef's hat. He wields a large spatula as his name suggests. Sammy is a goofy, lovable chef who claims to be a famous culinary genius. But as time goes on, we will discover that his expertise lies in bringing Bible stories to life, not in cooking. However, his passion and enthusiasm make up for his lack of kitchen skills!
- **Olive Ovenmitts**, our Sous Chef. Olive wears black pants and a white button down shirt, an apron, a chef's hat, and of course an oven mitt. Olive is the true culinary master of our operation, but she has very little knowledge of Bible stories. As Sammy illuminates them, she imparts her cooking wisdom to him.

Stage Design/Props:

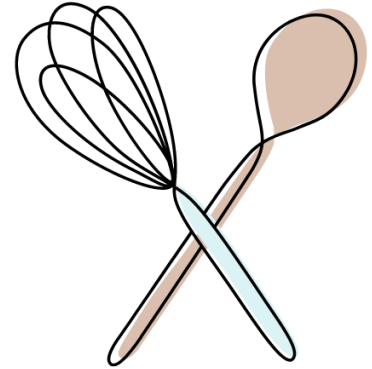
- The stage area can be decorated like a kitchen, with a small table and chairs, various pots and pans, a stand mixer, cookie sheets, a blender, etc, and even a play kitchen set or oven
- Sammy holds a spatula but also needs a wooden spoon nearby
- A chalkboard or white board or large notepad on which to write the Dish of the Day
- A Bible

Sammy Spatula walks onstage mixing something in a bowl with his spatula.

SAMMY: Hello my friends, and welcome to the Chef's Academy, where we learn the ins and outs of cooking, baking, and my favorite part of all—eating! I'm Sammy Spatula, your Executive Chef, and let's just say, when it comes to cooking, I'm famous. Very famous. I wish I could tell you all of the worldwide awards, recognitions, and prizes I have won as a culinary genius, but we simply don't have time for that.

DAY 1

DANIEL PROVES THAT FOOD NOURISHES BOTH OUR BODIES AND SOULS.



Scripture focus:

Daniel 1:8-17

CHEF'S KITCHEN for Song and Skit:

See Day 1 Skit

Dish of the Day:

Instant Pot Vegetable Soup

Options for preparing Dish of the Day as a Group:

1. Have Sammy Spatula and Olive Ovenmitts prepare the dish as the Junior Chefs watch. For more involvement, Junior Chefs can volunteer to come to the table and give Sammy and Olive the ingredients. For example, Sammy can say, "Who would like to come find the carrots on this table and hand them to me?"
2. Break the Junior Chefs into smaller groups and have them take turns adding prepared ingredients to the Instant Pot (this might require one Instant Pot per group). Once the Instant Pot is turned on, Junior Chefs can go on to their next rotation, as they don't need to stand around while it cooks the soup!

Ingredients for 8 full size servings*

**I recommend using Dixie cups at the end of the day to give each Junior Chef a "taste" of the soup rather than a full serving!*

- olive oil for sautéing
- 2 cups yellow onion diced

- 4 celery stalks chopped
- 4 carrots chopped
- 2 tablespoon Italian seasoning
- 4 russet potatoes diced
- 2 cans cut green beans
- 2 cans canned diced tomatoes (14 oz.)
- 64 oz. vegetable broth
- salt and pepper to taste

Instructions

- Add 2 tablespoons olive oil to the Instant Pot; then, add onion, carrots, celery, and Italian seasoning. Press "sauté", then sauté everything for 3-5 minutes or until the vegetables have slightly softened.
- Add potatoes, green beans, tomatoes, broth, salt, and pepper, lock the lid and make sure the pressure release handle is in the "sealing" position, then set the pressure cook time to 10 minutes. It will take 10 minutes or so for the pot to fully come to pressure, then it will begin counting down from 10.
- Once the timer beeps, that means the soup is done. Allow 5 minutes for the pressure to naturally release before carefully flipping the pressure release handle to "vent" mode and manually releasing the pressure. Slowly remove the lid, stir the soup and adjust the salt and pepper as needed.