



Camp Fire USA *Reality Food Activities*



Camp Fire USA and the Home Baking Association are partnering to feature Camp Fire USA staff and leaders with great food activities!

FOOD ACTIVITY: Light and Fluffy Corn Cakes

SUBMITTED BY: Elaine Veevaete & Kathy Horn
Camp Fire USA Staff, Leader & Volunteer
River Bend Council
South Bend, IN

AGE FOR ACTIVITY: 8 to 12 years old

ACTIVITY SETTING: Club Meeting, Camps or at Home

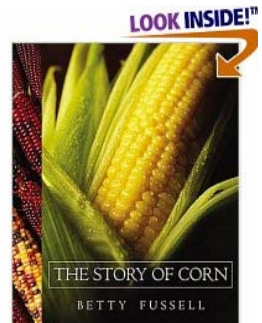
DESCRIPTION: “Our group learned about Native and southern U.S. foods, teamwork, measuring, reading and following directions, preparing a nutritious recipe good for family meals and camping.”

WHAT YOU NEED:

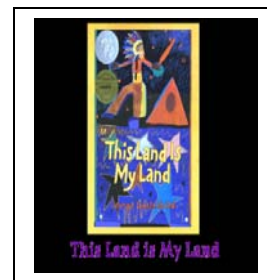
- ✓ Ingredients for recipe, doubling as needed
- ✓ Griddle(s) or skillet(s)—drop cord if needed
- ✓ Liquid and dry measuring cups
- ✓ Measuring spoons
- ✓ Can opener
- ✓ Large and small mixing bowls
- ✓ Whisk
- ✓ Stirring spoon
- ✓ Pancake turner (spatula)
- ✓ Vegetable oil
- ✓ Serving plates; small plates and forks to sample
- ✓ Learn how and why corn is a native American grain and why it's so important to us all.

Visit *North American Millers Association* web-site

— www.namamillers.org



- ✓ **Book and Bake:**
If you Lived with the Iroquois. Ellen Levine. 1998. Scholastic Inc.
This Land is My Land. George Littlechild. 2003.
 Children's Book Press.



- ✓ Review the Food Pyramid. In what two food groups is corn found? www.mypyramid.gov
 What essential nutrients does corn provide? When is corn good to eat? (any time)

Fluffy Corn Cakes

Makes 24, (2oz/55g) corn cakes

Ingredients

- 1 cup whole wheat flour—stir, spoon and level
- ½ cup all purpose flour—stir, spoon and level
- ½ cup white or yellow cornmeal, enriched or wholegrain
- 3 teaspoons baking powder
- 1/8 teaspoon (dash) salt
- 2 well beaten eggs
- 1, 15 oz. can cream-style corn OR fresh corn cut off cob (2 cups)
- 2 cups 1% milk
- ¼ cup melted butter

Optional: Syrup or honey

Directions

1. In large mixing bowl combine flours, cornmeal, baking powder and salt. Whisk to blend.
2. In medium mixing bowl, use whisk to beat eggs well; add cream-style or fresh corn, milk and melted butter.
3. Brush a griddle with oil and preheat to medium high, 350-375 ° F.
4. Stir corn mixture into dry ingredients, mixing quickly.
5. Bake on lightly greased griddle or skillet until golden brown, *turning once*.
 Keep warm on plate in the oven until all are cooked. Serve plain or with syrup or honey.

Nutrition Facts	
Serving Size (55g)	
Servings Per Container	
Amount Per Serving	
Calories 80	Calories from Fat 25
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 1.5g	7%
Cholesterol 25mg	8%
Sodium 170mg	7%
Total Carbohydrate 12g	4%
Dietary Fiber 1g	4%
Sugars 3g	
Protein 3g	
Vitamin A 4%	Vitamin C 0%
Calcium 6%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Recipe tested and nutrition analysis by Sharon Davis, FACS Education, www.homebaking.org

River Bend Council

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