

### Golda's Kitchen - Ice Cream making *Specialty Track 1 - Israeli Culture*

<b>AUTHOR(S):</b>	Tomer Moked
<b>TOPIC (S)</b>	Israeli Culture
<b>SUMMARY</b>	Introduction session to the 3 session Specialty Track. We will get to know each other, get familiar with Golda's Cabinet. Brainstorm how to bring Israeli Culture to camp in a time of world pandemic. And close with an Ice Cream making session inspired by the Israeli favorite - Golda Ice Cream.
<b>GOALS:</b>	In this session I hope to bring fellows and liaisons on board with my mission - To keep Israeli culture fresh, interactive, and exciting. I also want to try to start a discussion about Israeli culture in the past year under Covid.
<b>AUDIENCE:</b>	Learners of all ages! Be mindful of the age demographic when encouraging content topics
<b>TIMING:</b>	75 minutes
<b>APPENDICES:</b>	<a href="#">Article 1</a> <a href="#">Article 2 TLV Museum of Art</a> <a href="#">Video - Habima</a> Trailer - <a href="https://www.youtube.com/watch?v=1sBdLja2aVs">https://www.youtube.com/watch?v=1sBdLja2aVs</a> Short Video - <a href="https://www.youtube.com/watch?v=oW51F5cNrzo">https://www.youtube.com/watch?v=oW51F5cNrzo</a> <a href="https://www.youtube.com/watch?v=Zt1EulEhvw">https://www.youtube.com/watch?v=Zt1EulEhvw</a>
<b>MATERIALS NEEDED:</b>	<ul style="list-style-type: none"> <li>● Paper</li> <li>● Pen</li> <li>● Ziplock Bags small and large for each participant</li> <li>● ½ cup whole milk</li> <li>● ½ cup cream</li> <li>● ¼ cup sugar</li> <li>● ½ teaspoon vanilla extract</li> <li>● 1 cup rock salt</li> <li>● Ice</li> <li>● chocolate covered pretzels</li> </ul>
<b>SET-UP DETAILS:</b>	

### SESSION TIMELINE:

- 00:00-00:03 - Introductions from the facilitators and mention of upcoming activities
- 00:03-00:08 - Israeli Culture at camp
- 00:08-00:25 - Nice to meet you, why are you here?
- 00:25-00:30 - Reflecting
- 00:30-00:45 - Israeli Culture in times of Covid
- 00:45-01:00 - Who Was Golda?
- 01:00-01:10 - Golda Ice Cream DIY
- 01:10-01:15 - Share back and reflection

### SESSION OUTLINE:

- 00:00-00:03 - Introductions from the facilitators and mention of upcoming activities
- 00:03-00:08 - Israeli Culture at camp
  - Mentimeter and group discussion
- 00:08-00:25 - Nice to meet you, why are you here?
  - Jamboard - intro page for each participant.  
please note:
    1. Your Name
    2. Your Camp
    3. Why did you choose this track and what you hope to Learn.
    4. How can we connect with you?
    5. Add photos!
- 00:25-00:30 - Reflecting
- 00:30-00:45 - Israeli Culture in times of Covid
  - Break out Rooms
    - Article 1
    - Article 2 TLV Museum of Art
    - Video - Habima

00:45-01:00 - Who Was Golda?

Trailer - <https://www.youtube.com/watch?v=1sBdLja2aVs>

Short Video - <https://www.youtube.com/watch?v=oW51F5cNrzo>

01:00-01:10 - Golda Ice Cream DIY

- INGREDIENTS:
- ½ cup whole milk
- ½ cup cream
- ¼ cup sugar
- ½ teaspoon vanilla extract
- 1 cup rock salt
- Ice

## CORNERSTONE 2021 RESOURCE

### INSTRUCTIONS:

1. Add 1/2 cup whole milk, 1/2 cup cream, 1/4 cup sugar, and 1/2 teaspoon vanilla extract to a mixing cup and stir until well combined.
2. Add the mixture to a small zipper bag. Now, this is very important. I am not going to advocate any sorta brand here but you definitely want a quality bag. You are going to shake the hell out of this for 5 minutes and, well, if the bag breaks open, it's totally going to suck.
3. Now to create the ice cream maker. You just need another zipper bag, one that is much larger than the bag with your ice cream mix in it. And you want to fill that bag with a couple handfuls of ice and about half of the rock salt. The same applies here... you want a quality bag that isn't going to blow up.
4. Now place the smaller bag inside the larger bag. Cover it with more ice and rock salt.
5. Now the fun part! And, what better way to earn your ice cream than a few minutes of exercise. Wrap the bag in a towel, because it is freaking cold, and shake it for 5 minutes or until the liquid in the smaller bag turns into ice cream. Decorate with Chocolate covered Pretzels!
6. You can scoop it out but honestly, just eat it out of the bag. It is easier. Enjoy!

- 01:10-01:15 - Share back and reflection
  - The plan for our next couple of sessions
  - What are you taking with you from today's session?

### BRINGING IT BACK TO CAMP & SHIFTING TO IN PERSON:

- Invent new flavors
- Create a Vegan version with coconut milk