



solar oven activity book

**Cooking food requires a lot of energy!
By using solar energy, we can be energy efficient!**

This book belongs to: _____



Solar S'mores

INGREDIENTS:

- Graham Crackers
- Chocolate Bar
- Marshmallows

DIRECTIONS:

- Place chocolate squares on top of one graham cracker piece inside your solar oven.
- Top with marshmallow.
- Cover with remaining graham cracker piece to form a sandwich.
- Find the most efficient direction to angle your oven to maximize the amount of energy captured.
- Bake until heated and chocolate begins to melt.
- Serve immediately.
- ENJOY!



Solar Nachos

INGREDIENTS:

- Crackers
- Cheese

DIRECTIONS:

- Place cheese on top of crackers inside your solar oven.
- Find the most efficient direction to angle your oven to maximize the amount of energy captured.
- Bake until heated and cheese begins to melt.
- Serve immediately.
- ENJOY!



Apples With Cinnamon

INGREDIENTS:

- Apple Slices
- 1 Teaspoon Cinnamon
- 1 Teaspoon Sugar

DIRECTIONS:

- Have an adult help you core an apple and slice it into thin slices.
- Place apple in a shallow glass or dark metal dish.
- Toss the slices with 1 teaspoon of cinnamon and 1 teaspoon of sugar.
- Add a little water, if necessary, so the apples are moist.
- Place dish with apple mixture in your solar oven.
- Stir the apple mixture every 30 minutes.
- Make sure to adjust the position of the oven so it is in full sun.
- Bake for several hours, until apples are softened and are warm all the way through.



Efficient Crayons

SUPPLIES:

- Old Crayons (broken into small pieces)
- Metal Cookie Cutter or Metal Tart Cup
- Tinfoil

DIRECTIONS:

- Place metal cookie cutter or cup on tinfoil inside your solar oven.
- Fill metal cookie cutter or cup with small pieces of old crayons.
- Find the most efficient direction to angle your oven to maximize the amount of energy captured.
- Check frequently to see when crayons have melted and made one bigger, new crayon.
- Once crayons are melted together, carefully take oven inside for crayon to cool.
- Once cool, remove your new crayon from the cookie cutter or cup.
- Draw a fun picture!



Giant Gummies

SUPPLIES:

- Gummy Candy
- Metal Cookie Cutter
- Tinfoil

DIRECTIONS:

- Place metal cookie cutter on tinfoil inside your solar oven.
- Fill metal cookie cutter with gummy candy.
- Find the most efficient direction to angle your oven to maximize the amount of energy captured.
- Check frequently to see when the gummies have melted.
- Once gummies are melted together, carefully take oven inside for the big gummy to cool.
- Once cool, remove your new giant, fun-shaped gummy and ENJOY!



Energy Efficiency in the Kitchen

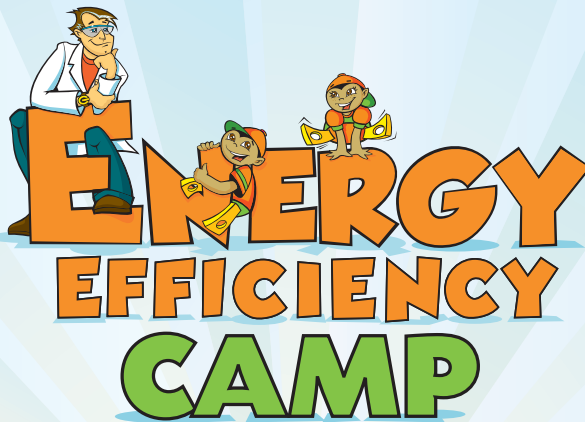
Be Energy Efficient in Your Kitchen!

- Know what you want from the fridge so you can close the door fast!
- Always wash a full load of dishes.
- Avoid hand-washing your dishes.
- Avoid pre-heating your oven.
- Avoid putting refrigerators or freezers in unconditioned spaces.
- Avoid using your old fridge for overflow storage.
- Check the seal around your refrigerator doors.
- Check your refrigerator's temperature.
 - The refrigerator compartment should be between 36 degrees F and 38 degrees F; the freezer, between 0 degrees F and 5 degrees F.
- Cook small portions in your microwave oven or toaster oven.
 - These appliances generate significantly less heat than your stove and oven. They also reduce cooking energy by as much as 80 percent.



More Efficiency Tips for Your Kitchen

- Keep food away from refrigerator walls.
 - This helps cold air circulate faster and more efficiently.
- Keep the oven door closed.
- Keep your refrigerator and freezer full.
- Only boil as much water as you need.
- Thaw food thoroughly before cooking.
- Use the right size burner to burn less energy.



ENERGY
EFFICIENCY
CAMP



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