

Activity Sheet

Create a Broccoli Poodle!

Materials

- 7 pieces of broccoli (2 larger pieces, 5 smaller ones)
- Toothpicks
- Soft beans or peppercorn for eyes



Instructions

1. Start by cutting the pieces of broccoli. Cut the toothpicks in half and put them in each individual broccoli except for the main one that will become the body of the poodle.
2. Add the legs to the main body, then the head, and finally the tail.
3. Finish your poodle by adding the nose and eyes and enjoy!

Activity and photo inspired by <http://www.babysitting.academy/how-to-make-a-broccoli-poodle/>

Grow Your Own Plant with Apple Seeds!

Materials

- Plastic bag
- Apple seeds
- Wet paper towel



Instructions

1. Retrieve apple seeds when eating a snack or creating an apple craft by picking them from the middle of the fruit and saving them.
2. Wet a paper towel and fold the seeds within it.
3. Put the wet paper towel in the plastic bag. Store it in the refrigerator for 3-6 weeks until the hard shell is removed. Check periodically and re-moisten the paper towel as needed to keep it moist.
4. Tape the bag to a window or area of the house that has good lighting.
5. For the next week or two, check the paper towel to ensure that it is consistently wet. That will make it easier for your seeds to sprout!
6. Watch your seeds sprout and then plant them in soil to grow your own plant!



Inspired by <https://finallydo.net/apple-activities/>



Make Delicious Corn Fritters!

Instructions

1. Mash the corn kernels in a bowl until most of them are broken and some juice has come out.
2. Add the rest of the ingredients (except the olive oil) and mix well.
3. Heat 1-2 teaspoons of the olive oil in a pan. Add a heaping tablespoon of the fritter mix to the pan.
4. Cook for about 3 minutes over medium heat, or until golden brown.
5. Carefully flip and cook the other side for another 3 minutes, until golden brown.
6. Serve with lime juice and cilantro and enjoy!

Ingredients

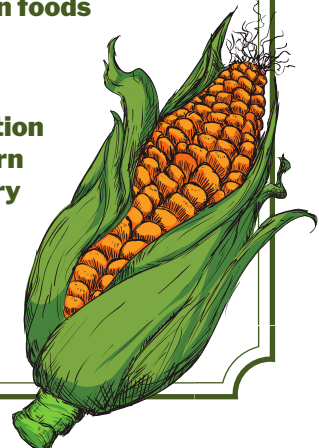
- 3 cups of corn kernels
- 2 eggs
- 1 cup of white whole wheat flour (or all purpose flour)
- 2 Tablespoons of diced cilantro leaves
- 1/2 teaspoon of salt
- 2-4 teaspoons of olive oil
- Lime juice

Activity and photo borrowed from https://www.babaganosh.org/quick-and-easy-corn-fritters/?utm_source=pinterest&utm_medium=social&utm_campaign=social-pug&utm_content=smartloop&utm_term=48180580

Corn Facts

Corn was first cultivated in an area of Mexico more than 7,000 years ago, and many Native American foods contain corn.

With the exception of Antarctica, corn is grown on every continent in the world!



Rainbow Cabbage Experiment

Materials

- Cabbage leaves (you can also use celery)
- Glasses or jars
- Food coloring
- Spoons
- Paper towels

Instructions

1. Begin by adding cold water to the glasses or jars until about 1/3 full. You will use one jar for each color.
2. Add several drops of food coloring to each glass of water and then stir well.
3. Place individual cabbage leaves into the jars.
4. Allow your child to observe the change in color over the next few days. The leaves will slowly begin to turn into vibrant colors!
5. Enjoy observing your rainbow cabbage!

Activity and photo adopted from <https://www.growingajeweledrose.com/2019/02/rainbow-cabbage-experiment.html>



DO NOT EAT THE CABBAGE ONCE DYED

The Science Behind this Experiment

- Like most plants, cabbage pulls water through its "vein system" in order to grow.
- As the plant drinks the colorful water from the jar, the stem system and leaves are transformed.
- This experiment is a great way to visualize the inner workings of a plant and how water travels!

Finger Paint Carrot



Materials

- Orange and green finger paint
- White construction paper
- Pencils
- Scissors
- Glue



Instructions

1. Give two pieces of paper to your child. One is for the green finger paint and the other is for the orange finger paint. Encourage your child to paint the paper entirely.
2. Allow the paper to dry
3. Once dry, draw the carrot shape in the orange paper. Then, trace your child's hand print on the green paper. Cut out both outlines.
4. Glue the green hand print onto the carrot shape. Now you have your own carrot masterpiece!

Activity and photo obtained from <https://ourpotluckfamily.com/food-craft-finger-paint-carrot/>

Geoboard Gourd Activity

Materials

- Gourd or pumpkin
- Golf tees (different colors if possible) or flat head nails
- Rubber mallet (or hammer)
- Rubber bands



Instructions

1. Mark the places on your gourd where you will hammer in your golf tees. With supervision, allow your child to use the mallet to hammer the golf tees into the gourd. Use different colored tees.
2. Allow your child to use the rubber bands to make shapes with the gourd based on the colors.
3. Have fun connecting the tees and making shapes!



Activity and photo obtained from <https://parentingchaos.com/geoboard-gourds/>