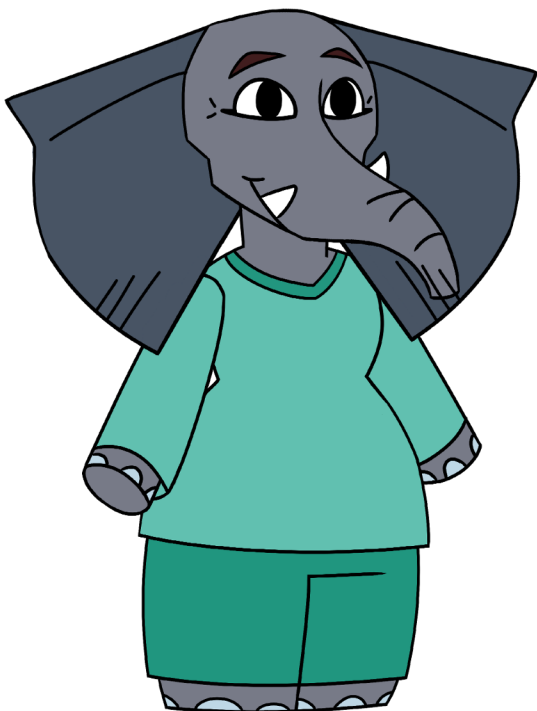


ADVENTURES WITH AFI

(FROM HOME)



Since we're all stuck at home as we shelter in place and practice social distancing, we'd love for YOU to join us in some clever, exciting, and sometimes crazy projects! So keep scrolling and check out what we have in store this week.

Look out for these symbols so you know what to do:



What did you learn?



Ask an adult for help

Visit us at afihealth.org/covid to check out next week's activities!



RECIPE OF THE WEEK

Raspberry Ice Cream in a Bag



Ingredients:

- | | |
|---------------------------|---|
| 1 CUP half and half cream | ½ CUP Fresh Raspberries (or any fruit you'd like) |
| ¼ CUP sugar | 2 TBSP evaporated milk |
| 1 TSP vanilla extract | 4 CUP coarsely crushed ice |
| ¾ CUP salt | 2 large resealable plastic bags |

Steps:

1. Use two large reusable plastic bags and place one inside the others
2. Place the first five ingredients into the inner bag (half and half cream, fresh raspberries, sugar, evaporated milk, vanilla)
3. Close both bags, letting out as much air as possible
4. Place the 2 closed bags into a gallon size resealable plastic freezer bag
5. Add the ice and salt into the gallon size bag
6. Seal the bag, again pressing out as much air as possible
7. Shake and knead the cream mixture until thick, about 5 minutes

HOMEMADE LAVA LAMP

Materials:

- Clean plastic bottle
- Water
- Vegetable Oil
- Fizzy tablets (like Alka Seltzer)
- Food coloring



Steps:

1. Fill the bottle up about 1/4 with WATER
2. Pour the vegetable oil in the bottle until the bottle is almost full (You may have to wait a couple of minutes for the oil and water to separate)
3. Add a few drops of your favorite food coloring. Watch as the color sinks through the oil.
4. Break your fizzy tablet in half and drop part of it into the bottle. Get ready, here come the bubbly blobs!!



What did you learn?

The oil is lighter and **less dense** than water so it floats on top of the water. Food coloring is heavier and more dense than oil so it sinks and mixes with the water.

PAPER SNOWFLAKES

Make your very own unique snowflake with a piece of paper!



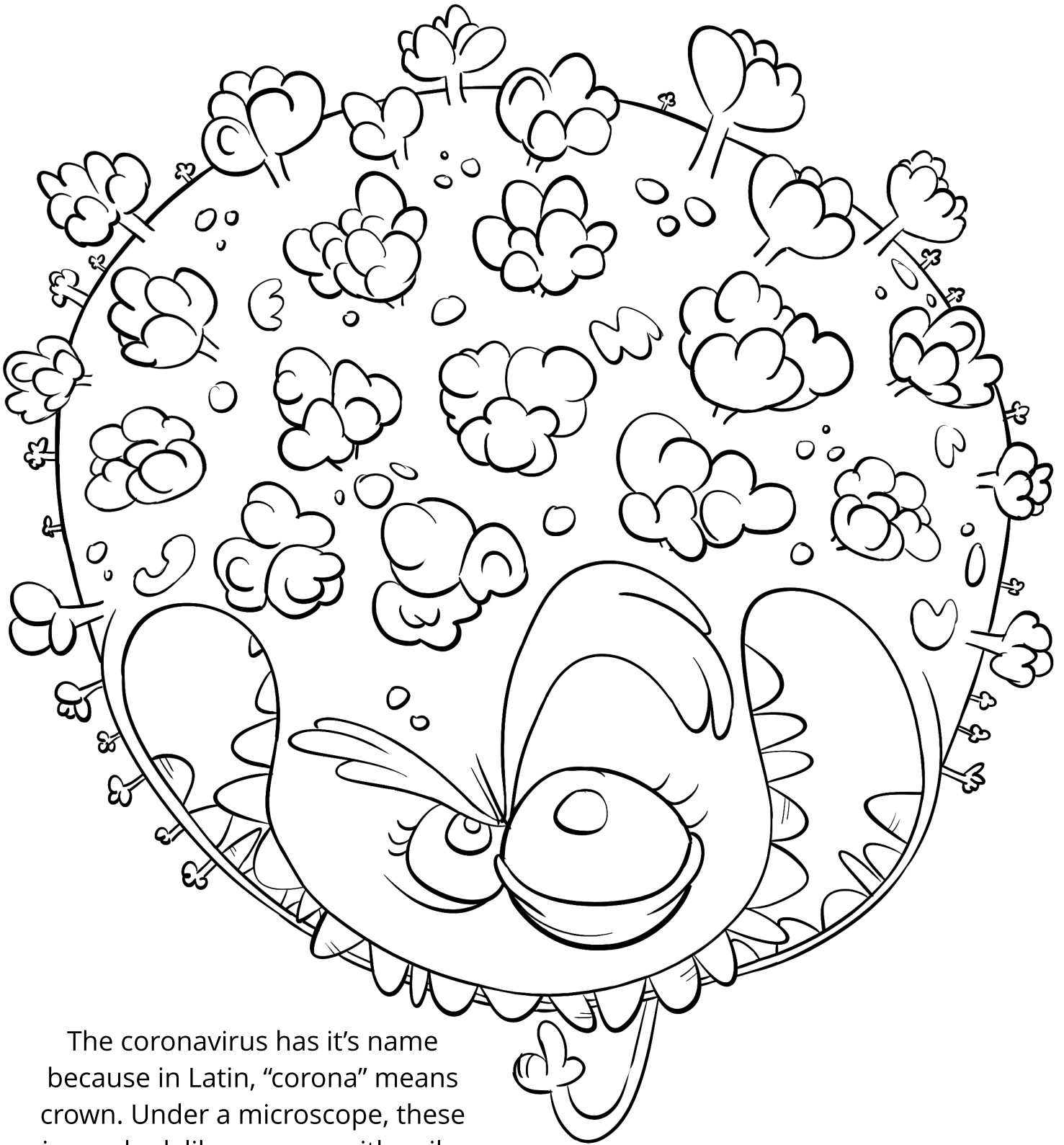
Materials:

- Paper (normal size, 2 sheets)
- Scissors

Steps:

1. Start with square piece of paper If your paper is a piece of printer paper, fold it into a right handed triangle and cut off the excess to make it into a square
2. Fold the paper in half diagonally to make a right triangle
3. Fold the paper triangle in half again so that the corners meet
4. Fold the left corner of the triangle towards the middle of the triangle, so that the left corner is now pointing down
5. Fold the right corner of the triangle towards the middle triangle, overlapping with what once was the left corner, so that now both corners are pointing down
6. Trim the pointed ends off the triangle
7. Cut your folded paper with a variation of cutouts
8. Unfold it gently to create your snowflake

FUN FACT OF THE WEEK



The coronavirus has its name because in Latin, "corona" means crown. Under a microscope, these viruses look like a crown with spikes coming out of the virus. Color this cartoon coronavirus!