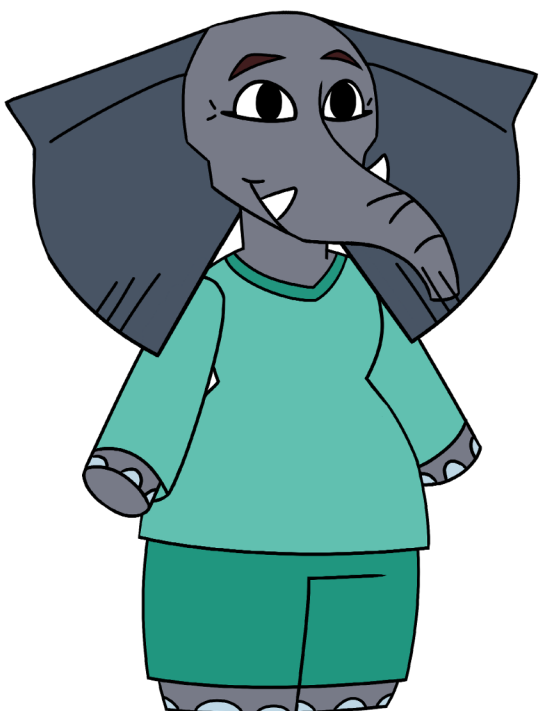


ADVENTURES WITH AFI

(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

Turkey Wafflewiches



Ingredients:

- 8 slices white bread
- 3/4 pound sliced deli turkey
- 2 tablespoons butter, softened
- 3 ounces cream cheese, softened
- 1 tablespoon maple pancake syrup
- 1/4 teaspoon pepper

Steps:

1. In a small bowl, mix the cream cheese, syrup and pepper until combined.
2. Spread over 4 slices of bread; add the turkey and remaining bread.
3. Spread butter over both sides of sandwiches.
4. Bake in a preheated waffle iron until golden brown, 2-3 minutes.

**For vegetarian wafflewiches, replace the turkey with scrambled eggs, or leave them out all together!

TISSUE BOX MONSTERS

Make your very own monster out of a tissue box!

Materials:

- Tissue box
- Craft paint
- Glue stick
- Marker/pen
- Decorations (googly eyes, pipe cleaners, foam balls, etc.)

Steps:

1. Remove the inner plastic layer from the tissue box
2. Prime and paint the box with craft paint or use spray paint for quicker results. Leave to dry.
3. Paint the inside back of the box black
4. Cut out teeth from the opening of the box
5. Paint the teeth white so that they look more like teeth
6. Decorate the body of the box with anything you would like
7. Eyes can be made from pom poms, googly eyes, or foam balls with pipe cleaners.



DYED FLOWERS

Materials:

- 3 White Carnations or white flowers
- 3 Bottles of Food Coloring in Different Colors
- 3 Clear Plastic Cups
- Water
- Scissors



Steps:

1. Fill each cup with water half way
2. Add 3 drops of food coloring into each of the cups. Each cup should be a different color.
3. Carefully cut the end of each of the flower's stem
4. Place each stem in a different colored water cup.
5. Wait one hour and observe your flowers' petals.
6. Wait one day and observe your flowers' petals

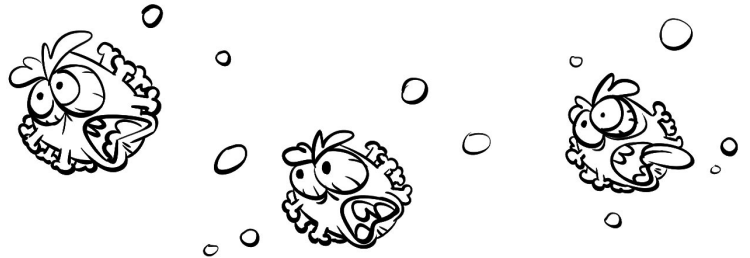


What did you learn?

The Xylem (in the stem of the flower), which allows the plant to get water from the roots all the way to the petals, works like an elevator and brings the water from the cup all the way up the plant's stem and into the plant's petals. When it brings the dyed water up, the water ends up dyeing the plant's petals.

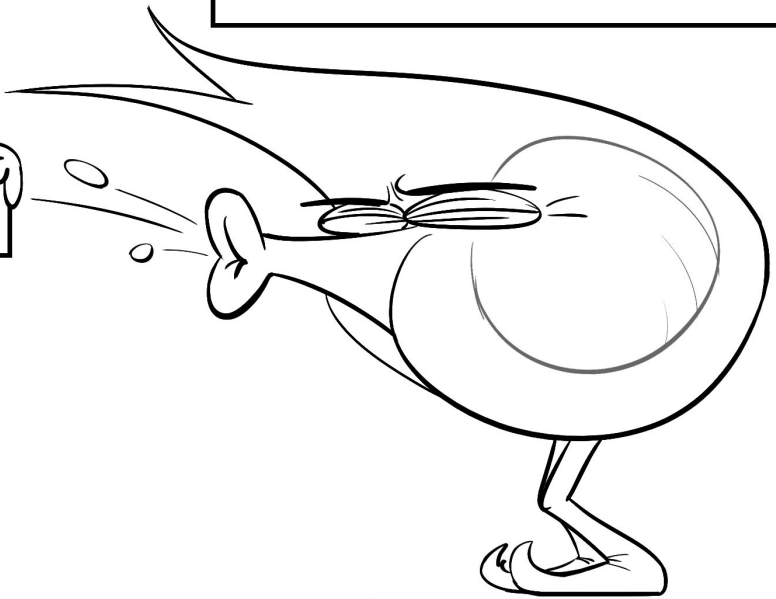
FUN FACT OF THE WEEK

Like we talked about last week, the coronavirus enters cells in your body, and makes the cell stop working properly.

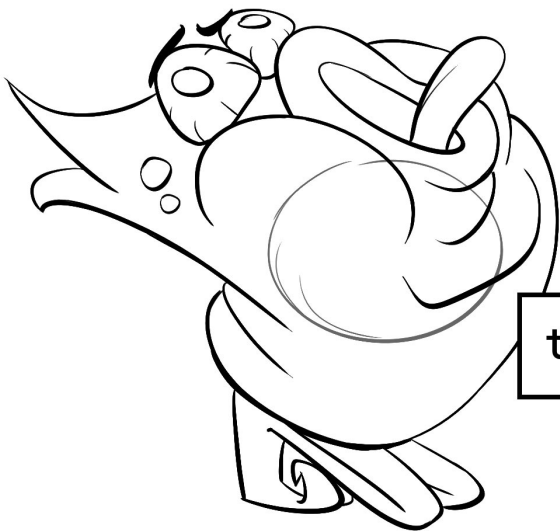


When the virus enters your cells, it can cause...

a dry, itchy cough,



trouble breathing,



and a fever.

