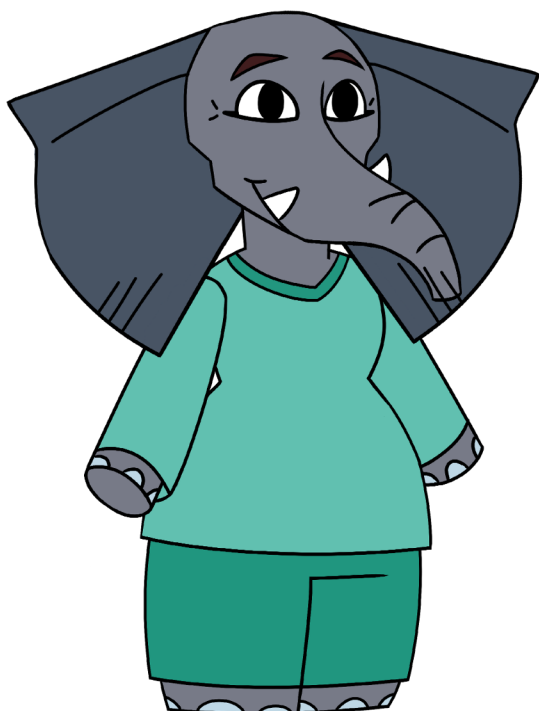


ADVENTURES WITH AFI

(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!

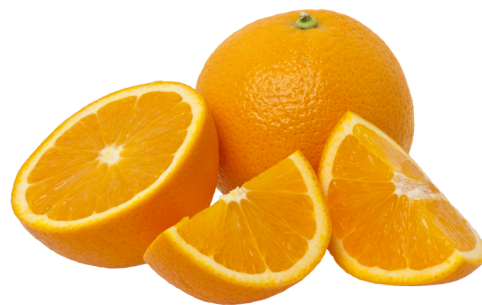
FIZZY ORANGE

Materials:

- An orange
- ½ teaspoon of baking soda

Steps:

1. Cut the orange into slices or peel separate into sections
2. Dip a slice or section into the baking soda
3. Take a bite! As you chew, it should start to bubble in your mouth



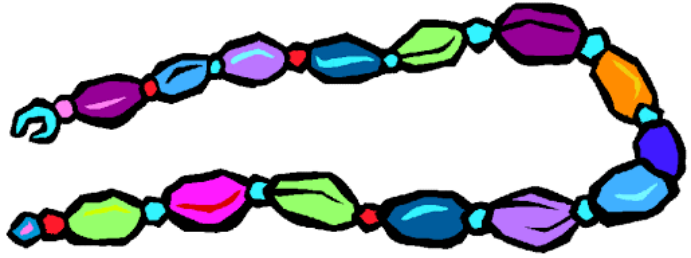
What did you learn?

When acids and bases mix, you get some exciting chemistry! Oranges and other citrus fruits are filled with citric acid. It is a safe acid, and it's what gives oranges, lemons, and limes their sourness. Baking soda is a base, the opposite of an acid. It's also safe, but doesn't taste very good on it's own, and will give you a tummy ache if you eat a lot of it. As the citric acid and baking soda mix, it makes millions of carbon dioxide bubbles, the same gas you breathe out normally, and the same one that makes soda so fizzy.

JEWELRY MAKING

Materials:

- String
- Beads (all different types, with letters and more)



Steps:

1. If you are making a bracelet wrap the string around your wrist, if you are making a necklace wrap the string around your neck
2. Make a knot where you want to cut the string, this will help you know how large your necklace/bracelet is
3. Cut the string, leaving the knot as part of the string
4. Start adding beads onto the string in any pattern you want!
5. Then, get help from a friend/family to knot the necklace/bracelet around your wrist or neck!

RECIPE OF THE WEEK

Ants on a Log

Ingredients:

- FRESH FRUITS FOR "LOGS"
 - Apples
 - Bananas
 - Peaches or nectarines
- FRESH VEGETABLES FOR "LOGS"
 - Carrots
 - Celery
- SPREADS
 - Cottage
 - Cream cheese
 - Hummus
 - Peanut butter
- NUT AND SEED TOPPINGS
 - Almond slivers or slices
 - Chia seeds
 - Flax meal
 - Roasted sunflower seeds
- EXTRA TOPPINGS
 - Mini chocolate chips
 - Granola
- FRUIT TOPPINGS
 - Blueberries
 - Grapes
 - Dried, chopped dates
 - Dried cranberries
 - Dried pineapple
 - Raisins

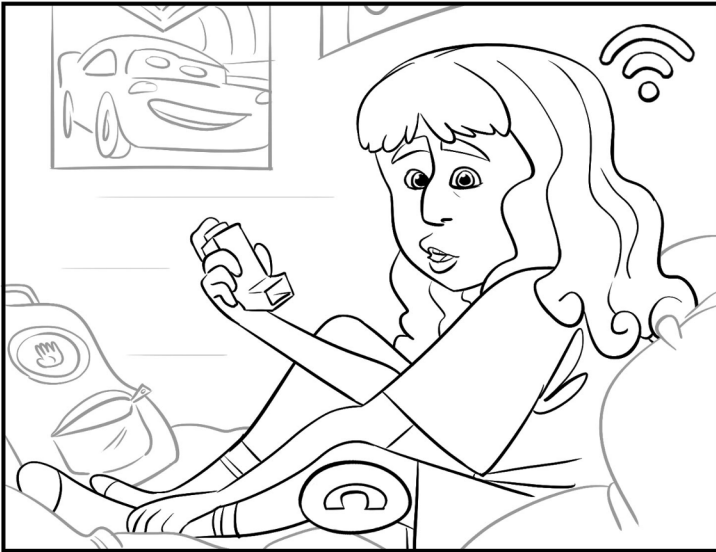
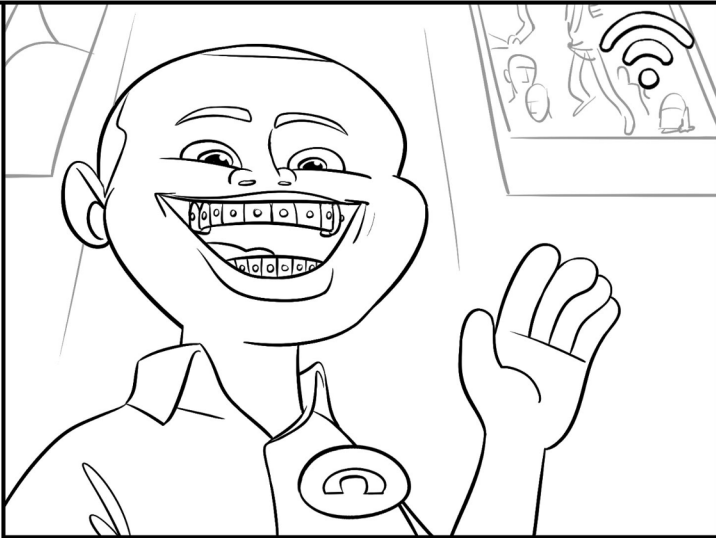


Steps:

1. Choose any of the fresh fruits and vegetables you'd like. Rinse the fresh fruits and veggies and then cut them into "log" shapes and lengths.
2. Slather your fruit and veggie "logs" with spreads of your choice.
3. Sprinkle desired toppings onto your "logs," pressing them into the spreads, if needed, to help them stick

FUN FACT OF THE WEEK

Depending on where you live, you may not be able to see your friends in person. Luckily, it is still possible to connect with them! Ask your parents if you can video chat them or have them help you mail a letter!



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