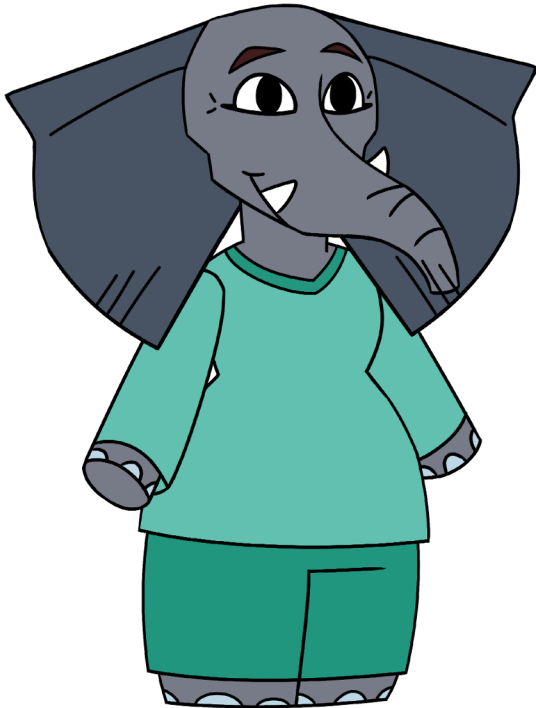


ADVENTURES WITH AFI

(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

Pancake Poppers

Ingredients:

- 1 1/2 cup flour
- 2 tablespoon sugar
- 2 1/2 teaspoon baking powder
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 3/4 cup milk
- 2 tablespoon maple syrup
- 2 tablespoon butter, melted
- 1 egg, lightly whisked
- 1 teaspoon vanilla extract
- 1/2 teaspoon ground cinnamon

Steps:

1. Preheat the oven to 400 degrees F. Spray a mini muffin pan with cooking spray.
2. In a large bowl, stir together flour, sugar, baking powder, baking soda, and salt.
3. Then stir in milk, maple syrup, butter, egg, vanilla and cinnamon.
4. Stir in mini chocolate chips until just combined.
5. Divide batter evenly between mini muffin cups.
6. Bake for 8-10 minutes. Serve warm or at room temperature, with maple syrup.





RAINBOW IN A GLASS

Materials:

- Water
- A mug
- 5 separate cups
- A tablespoon
- A clear glass
- A dropper or pipette



Steps:

1. Separate the Skittles into the cups, in these amounts: 2 red in one cup, 4 orange in another cup, 6 yellow in 1a cup, 8 green in another cup, and 10 purple in a cup.
2. Heat a mug of water in the microwave for a minute and a half (or long enough that the water is hot, but not boiling). Be careful removing the water from the microwave—it's hot!
3. Measure and pour two tablespoons of hot water into each cup, on top of the Skittles.
4. Stir each cup carefully so no water splashes out. The cups need to be cool for the next part of the experiment, so leave them somewhere where they won't get knocked over.
5. Stir them every ten minutes or so until the Skittles are dissolved and the water is room temperature.
6. Using the dropper, add the colored water from the five cups to the clear glass. Start with purple, then add green, then yellow, orange, and red last. Go slowly here, we don't want the different layers to mix.
7. Congratulations, you made a rainbow. You didn't even have to go outside! Watch as the volcano explodes



What did you learn?

Skittles are mostly made of sugar. When you add hot water to them, the sugar dissolves and the coloring on the shell of the Skittles turns the water different colors. The cup with only two red Skittles doesn't have as much sugar as the cup with ten purple Skittles, but they both have the same amount of water. The amount of matter packed into a certain amount of space is called the density of the material. The red water is less dense than the purple water, so it will float on top of the purple water.

TIME CAPSULE

Materials:

- Container
- Place for storage
- Decorations for Time Capsule



Steps:

1. Gather all of the items that you want to put in the time capsule. Your time capsule should be personalized and fun and can include anything!
2. Choose a container. Choosing a container will depend on how long you are planning on keeping the time capsule hidden. A box, mason jar, or even plastic tupperware container will work.
3. Make sure that your container will fit all of the items that you want to put in the capsule
4. Decorate the time capsule! Make sure to put the date and year that the time capsule was buried and include the year that you want to open the capsule.
5. Find a place to bury your time capsule. If the place is outside, make sure your time capsule is water proof!

FUN FACT OF THE WEEK

Anyone can get coronavirus, but older people who already have health problems are more likely to get sicker from the virus.



That's why it's important to protect people like our grandparents by following our tips from the last few weeks!

