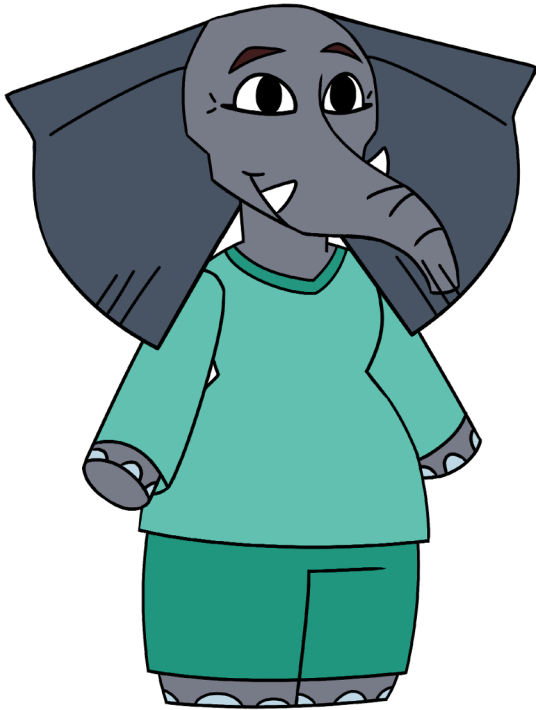


# ADVENTURES WITH AFI

(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](https://afihealth.org/covid) to check out next week's activities!

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## PIPE CLEANER ANIMALS

### Materials:

- Pipe Cleaners
- Beads
- Googly eyes
- Low-temperature glue gun or super glue

### Steps:

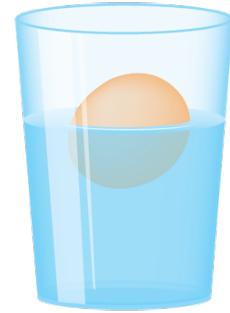
1. You can make almost any animal with pipe cleaners!
2. Pull up a picture of the animal on the computer and let your child experiment with the shapes and possibilities
3. Examples include chameleons, velociraptors (dinosaur), and bunnies.



# FLOATING EGG

## Materials:

- One egg
- Water
- Salt (1 – 2 cups)
- A tall drinking glass
- A spoon



## Steps:

1. Pour water into the glass until it is about half full.
2. Place an egg in the glass of water and see if it sinks or floats (HINT:  $\chi\mu\iota\varsigma\ \rho\lambda\eta\upsilon\varsigma\ \tau\upsilon$ ).
3. Stir in lots of salt. Start with 1 tablespoon and stir it until the salt dissolves. Keep adding more salt until the egg floats.
4. Next, carefully pour more fresh water until the glass is nearly full (be careful to not disturb or mix the salty water with the plain water).
5. If you're very careful, you can get the egg to float between the fresh and saltwater!



## What did you learn?

The egg is denser or heavier than the fresh water. This causes it to sink. When you start dissolving salt in the water, this increases the density and makes the water heavier. The water then becomes heavier than the egg which makes the egg float. When you carefully add fresh water again, this fresh water is less dense than the salt water so it floats right on top of the egg!

## RECIPE OF THE WEEK

### *No Bake Honey Nut Cheerios Snack Bar*



## Ingredients:

- 1/4 cup unsalted butter (half of one stick)
- 1/4 cup honey
- 1/4 cup light brown sugar, packed
- 1 tablespoon vanilla extract
- 3 cups Honey Nut Cheerios (or plain Cheerios)
- 1 cup raisins, 1 cup honey-roasted peanuts, 1 cup chopped almonds, or 1 cup trail mix, optional

## Steps:

1. Line an 8-inch square pan with aluminum foil with some of the foil hanging over the edge of the pan, spray with cooking spray; set aside.
2. In a large microwave-safe bowl, combine butter, honey, brown sugar, and heat in the microwave for 1 minute to melt. Stop to stir.
3. Return bowl to microwave and heat for 1 more minute. Stop to stir
4. Return bowl to microwave and heat for 1 more minute.
5. Stop to stir. (On this third and final burst, mixture will become quite bubbly and foamy; be very careful when removing from the microwave because this is boiling hot caramel and can cause burns.)
6. Stir in the vanilla VERY CAREFULLY (mixture is still hot)
7. Stir in the cereal and the optional raisins (or nuts).
8. Pour the mixture on the pan evenly and use a spatula to flatten
9. Cover pan with a sheet of foil and place pan in fridge to set up for at least 2 to 3 hours, or until bars are completely set.
10. EAT AND ENJOY!

# FUN FACT OF THE WEEK

One way to protect yourself and those around you is to wash your hands with soap and water for at least 20 seconds!

