



Educational Activities Together

EAT Weekly Newsletter | Volume 4

Word of the week: Aroma - Breath

There are two words for this week! Following our senses we come to our sense of smell, and with our sense of smell we can explore two things: aroma and breathing.

What is an 'Aroma'? Aroma is a fun word that means a soft, often pleasant, smell. You might catch the aroma of tomato sauce cooking when you walk into the kitchen, or the sweet aroma of a bunch of flowers blooming.

Breath is our second word as we examine our sense of smell. We get to smell things when we breathe them in. Breathing is not only something we do everyday, even when we don't think about it, it is also a great way to practice being mindful.

Focusing on our breath helps us when we stay active! When we remember to breathe deeply, our mind has more time to think, our body gets more help to keep moving, and our nose gets to enjoy some lovely aromas all at the same time!

This week, see what aromas you enjoy, think about how you describe the aroma of a strawberry versus the aroma of orange. Take deep breaths when you go on walks and see if you can identify any of the aromas you smell. Enjoy and breathe deeply.



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Get all the past newsletters, resources and more at:

www.eatnc.org

E.A.T. is an effort by community partners to help families make the most of their time at home by learning and growing together. Each week we will share engaging educational activities for families to get hands-on with nature, food, and physical activity together. Please take a look and try out at least one new or exciting option to do with your family. Enjoy and thanks for reading!

EAT is brought to by the following organizations. These local organizations are dedicated to supporting Durham families, students and teachers during this time of social distancing.



Public Health



Get Outdoors!

Nature-based activities to breathe into at home this week!

Garden Aroma Detective

For this activity, you will become a detective as you smell the different plant aromas around your garden, yard or nearby park.

Grade level: All levels

Time: 10-30 minutes

Supplies: Paper or notebook, pencil, optional—crayons or colored pencils for drawing

Location: Outdoor

Supervision: Adult supervision needed for grade 3 and below

Directions -

1. With the help of an adult at home, choose a safe outdoor space (garden, yard, or park).
2. Take a few minutes to look around your outdoor space. Think about what plants, flowers and trees you would like to smell as a Garden Aroma Detective. Try to find 5-10 choices.
3. Start with your first plant, flower, or tree. Take a sniff! Think hard about what aroma it gives off. Is it sweet, fruity, strong, mild? Smell it with your eyes open and then your eyes closed. Does the scent change?
4. Write down (or draw a picture of) what you smell in your notebook or on paper. Remember, you are a detective so you want to be as detailed as possible.
5. Label your description or picture, so you remember what it is. If you don't know the name, try to figure it out using books or an internet search when you go back inside.
6. Repeat steps 2-4 with the rest of your chosen plants, flowers or trees.

Save your Garden Aroma Detective notes so you can read them later and add more when you have time. Teach a friend or family member what you learned.



How Do Ants Find Food???



Watch this short video from "Animal Science to Kids" to learn how ants use their special sense of smell to find food and communicate.

<https://youtu.be/2IVb2Atu3Jc>



Do you want to grow food at home?

E.A.T. is creating seed growing kits for families. Please take our quick interest survey to tell help us learn about what you would like to see in the kits.

<https://forms.gle/XMgiGTGAYk9aSWAj7>

Get Moving!

Physical activities to breathe into at home this week!



Video: Bubble Breaths

Learn how to use Bubble Breaths to feel calm and relaxed

Grade level: Lower elementary (K-2)

Time: 2 minutes

Supplies: None

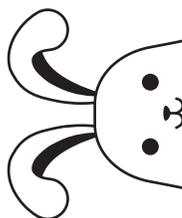
Supervision: Adult supervision not needed

Video from GoNoodle:

family.gonoodle.com/activities/bubble-breath

Indoor Activity

Hop Like A Bunny



Grade level: Lower elementary (K-2)

Time: Flexible

Supplies: Someone to play with

Supervision: Adult supervision not needed

Directions: Take turns calling out different animals, and then move around like them.

Pretend to growl like a bear, creep like a turtle, fly like an eagle, or swim like a fish. Don't forget to use your animal nose to sniff or snort!

Outdoor Activity

D.I.Y Bubble Wand



Grade level: Lower elementary

Time: 10 minutes +

Supplies: To make a 'Bubble wand' use some or all of the following: plastic cup, plastic bottle, pipe cleaners, plastic funnel, straw. For the bubble solution use: water, dish soap, sugar.

Supervision: Adult supervision recommended

Directions: You can use just about anything to make a bubble wand, but start with these ideas and experiment later.

Plastic cup: Punch a hole in the bottom to blow through. Dip the large open end into the solution and blow.

Plastic soft drink bottles: Cut the bottom off the bottle and dip. Use the lid end of the bottle to blow your bubbles.

Pipe cleaners: You can create just about any shape you like from a pipe cleaner, just make sure you keep a small section as a handle. Try circles, stars or even triangles.

Plastic funnel: This already has a natural shape for a bubble wand. Using the large end to dip and the small end to blow, this is a sure winner!

Drinking straws: These should be small, but fast flowing bubbles. Why not bunch some together and see how many you can get. Dip and try!

Activity from KidSpot:

<https://www.kidspot.com.au/things-to-do/activity-articles/make-your-own-bubble-wands/news-story/ed453ed74c9899588dacfd0a036574a4>



Bubble solution recipe: To make a basic bubble solution, combine 4 cups of warm water and ½ cup of granulated sugar in a large bowl or pitcher. Next, add ½ cup of liquid dish soap and stir until the ingredients are thoroughly combined. Then let the solution rest for at least a few hours before using.

<https://www.wikihow.com/Make-Bubble-Solution>

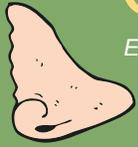
We're online! Get all the newsletters and more at www.eatnc.org

We value your feedback! Please consider taking 2 minutes to fill out this survey.

<https://www.surveymonkey.com/r/DNZK5PT>

Get Cooking!

Eating activities to breathe into at home this week!



Smell Lab

Grade level: All grades

Time: 10-20 minutes

Supplies: 3-5 spices or herbs, blindfold, [Smell Lab Worksheet](#), pen or pencil

Location: Indoor/outdoor

Supervision: Adult supervision required for Pre-K-3rd grade

Directions: Go into your kitchen and get at least 3 different spices or herbs.

For grades pre-K and up:

Have someone else in your family blindfold you.

After you are blindfolded, ask them to open a spice or herb and pass it to you. Put it under your nose and take a sniff. Can you name the spice? Describe how it smells to someone in your family. Does it smell sweet, mild, strong, zesty, sour, citrusy, floral? Can you come up with your own word to describe the smell?

For 5th grade and up: Did you know that the part of your brain that handles smells is connected to the part of your brain that stores memories? Let's see what memories come to mind as we smell different scents. Print out the smell lab sheet and fill it out for each spice. If you are not able to print, write your answers to these questions and write the name of the spice you have chosen.

1. What characteristics does the spice have? Think about color, texture, shape, etc.
2. How does the spice smell? For example, is it strong? Sweet? Loud? Subtle?
3. What does this spice remind you of? What does it make you think of? Does it bring a specific memory to mind? Examples of memories include eating a certain meal, being in a certain place, spending time with a certain person, or others.

Share your smell and memory experience with someone in your family.

This activity was adapted from the Edible Schoolyard Project's "I Remember That Smell" lesson plan https://edibleschoolyard.org/sites/default/files/FAMILY%20ACTIVITY_%20I%20REMEMBER%20THAT%20SMELL%21_Complete.pdf

Smell lab worksheet:

<https://edibleschoolyard.org/file/866442/download?token=U1qTNUaH>

Recipe of the Week:

Falafel Chickpeas



Grade level: 6th and up (younger children can help with everything except the oven)

Hands-On Time: 15 minutes

Total Time: 75 minutes

Supplies: Can opener, paper towels, large bowl, measuring spoons, rimmed baking sheet, spoon, pot holders, spatula, recipe ingredients

Location: Indoor

Supervision: Adult supervision required

Ingredients

- 1 can chickpeas, drained and rinsed
- 1 Tablespoon olive oil
- 1 teaspoon kosher salt
- 1 teaspoon ground cumin
- ½ teaspoon ground coriander

Instructions

- Turn the oven on and set the heat to 350 degrees Fahrenheit.
- Spread a layer of paper towels on the countertop and add the drained chickpeas. Roll them around to dry.
- Put all ingredients in a bowl and mix well.
- Pour mixture on baking sheet and spread evenly.
- Carefully place the baking sheet in the oven and bake until the chickpeas are crunchy and golden brown, about 1 hour, stirring halfway through to make sure they cook evenly.
- Remove the baking sheet from the oven and set aside to cool for five minutes, then eat the chickpeas right away.

This recipe is from **ChopChop Family**:

English: <https://www.chopchopfamily.org/recipe/roasted-falafel-chickpeas/>
Spanish: <https://www.chopchopfamily.org/recipe/falafel-de-garbanzos-asados/>

Check out more recipes at www.chopchopfamily.org