



Educational Activities Together



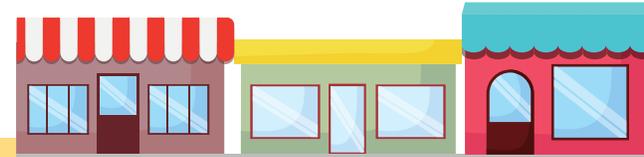
EAT Weekly Newsletter | Volume 10

Word of the week: Local

This week's word is "Local". Local is another word for nearby. It can mean being in or near a certain neighborhood, community, city or town. You might visit your local community center or eat fresh food from a local farm.

We chose Local to align with the DPS Explore Durham 2020 theme of the week "Black Wall Street and Black Entrepreneurship". Durham's Black Wall Street was an African-American owned business district, spanning four blocks, on Parrish Street between the 1900s-1970s. Mechanics and Farmers Bank and North Carolina Mutual Life Insurance Company were two of the biggest businesses that were part of Durham's Black Wall Street. Durham's Black Wall Street was famous throughout the country as a thriving commercial hub. In addition, the Hayti neighborhood developed into a business and residential district that received national recognition.

While the founding Black Wall Street businesses may not be in their original locations, today there are many African-American owned businesses in Durham. The activities we chose in this newsletter were inspired by these local businesses. With these activities, you'll be able to learn about local history while staying healthy this summer. Enjoy learning about your community while getting physical activity and try making the smoothie recipe with fresh, local fruits and vegetables.



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



Public Health



This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. This institution is an equal opportunity provider.

Get Outdoors!

Local activities to try at home this week

Celebrate the Land Where You Live

Grade level: Pre-k and up

Time: 17 minutes for video, 30-60 minutes for walk

Supplies: Device to watch video, pencil/pen and paper for walk, optional - device to record your own video

Location: Indoor for video, outdoor for walk

Supervision: Adult supervision needed for 2nd grade and below

Directions:



1. Watch the video "[Celebrating the Land Where We Learn](#)" This takes you on an exciting tour of the beautiful land around Merrick-Moore Elementary School. Fun fact: The school was named after John Merrick and Aaron Moore, two of the founders of NC Mutual Life Insurance
2. Take a walk to Celebrate the Land Where you Live! Choose a place nearby to walk and notice all the things you see in nature. Write/draw what you find, or even make your own video! Here are some ideas of things to look for:
 - o Pollinator plants attract bees, butterflies, birds and other animals that move pollen from plant to plant so that they can grow. Virginia Mountain Mint is an example from the video, it is edible for humans too! Try adding mint to water as a fun, delicious way to stay hydrated this summer.
 - o Fruit trees and bushes grow all over Durham. We saw pawpaw trees in the video. The pawpaw is a special fruit that grows wild in NC. If you can find pawpaws, try eating them as a healthy addition to breakfast or a snack.
 - o A magic spot is magic to you. Choose a favorite spot on your walk that you can come back to sit, watch and enjoy the land where you live!

Source: Video from Merrick-Moore Elementary School <https://www.youtube.com/watch?v=0toFQJWoYgA>



Durham African American Heritage Guide and Tour



Grade level: 2nd - 5th

Time: 30 minutes to 1 hour to review the Guide, 2 to 3 hours for outdoor "field trip" to sites in Durham

Supplies: Device with internet access to view the Guide. Vehicle to get to the various sites (optional)

Location: Indoor for viewing the Guide. Outdoor if you choose to visit the various sites around Durham

Supervision: Adult supervision and involvement required

Directions:

1. View the [Durham African American Heritage Guide](#) which gives an overview of the perseverance and fortitude of the African American community that contributed in a large part of making Durham what it is today.
2. If possible, pick one or two sites listed in the Guide and plan a trip to visit. Enjoy the visit and the extra exercise from walking! Here are a few suggestions:

• Northern Durham

- o [Historic Stagville](#): A former estate in Durham that gives a look at African American life on a plantation.

• Downtown & Central Durham

- o [Bennett Place State Historic Site](#): Bennett farmstead was the site where Union General William T. Sherman and Confederate General Joseph E. Johnston met to arrange the largest troop surrender of the Civil War, 17 days after General Lee's surrender.
- o [Black Wall Street/Historic Parrish St.](#): This important area is described in the Word of the Week. When you visit, look for the bronze sculptures commemorating the history of the street.

• Southern Durham

- o [James E. Shepard House](#): The house was built for James E. Shepard, the founder of North Carolina Central University. The property displays interactive exhibits on Dr. Shepard's life

Source: Discover Durham

https://s3.us-east-1.amazonaws.com/durham-2019/images/Files/Durham_African_American_Heritage_Guide_2020.pdf?mtime=20200206154434/

Note - Please remember proper social distancing and the 3Ws below to stay safe during your visits to these great sites.

If you leave home, know your Ws!

 <p>WEAR a cloth covering over your nose and mouth.</p>	 <p>WAIT 6 feet apart. Avoid close contact.</p>	 <p>WASH your hands or use hand sanitizer.</p>
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Get Moving!

Local physical activities to try at home this week!



Physical activity is about feeling good inside and out! Durham has lots of great resources for all kinds of activities to help us feel strong, confident, and relaxed; things like dance, zumba, and yoga are great ways to be mindful and use our bodies to feel good. You can try these at home:

Zumba

Grade level: Pre-K and up
Time: 4 minutes
Supplies: None
Location: Indoor
Supervision: Adult supervision not needed
English Zumba video: Dance, Dance, Dance
<https://family.gonoodle.com/activities/dance-dance-dance>



Source: Video from GoNoodle



Yoga



Grade level: Pre-K and up
Time: Unlimited
Supplies: None
Location: Indoor or outdoor
Supervision: Adult supervision not needed
Directions: Try these yoga poses
Adapted from:
<https://www.kidsyogastories.com/>
Extra Fun Resources:
<https://www.kidscanhavefun.com/blog/category/yoga-for-kids/>



Kids Yoga Poses
Posturas de Yoga para Niños

- Cat Pose:** Postura del Gato
- Child's Pose:** Postura del Niño
- Boat Pose:** Postura de la Barca
- Crescent Moon Pose:** Postura de la Luna Creciente
- Bridge Pose:** Postura del Puente
- Cow Pose:** Postura de la Vaca
- Extended Cat Pose:** Postura del Gato Extendido
- Extended Child's Pose:** Postura del Niño Extendido

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/DNZZK5PT>

Get Cooking!

Local eating activities to try at home this week:

Design Your Own Smoothie

Did you know that Durham is full of people who have started their own food businesses?

This week's recipe is for smoothies, but you get to decide what to put in it. →

When you make your smoothie, share it with your family. Ask them what they think and how you can make it better. Keep working on your smoothie recipe until you think it is perfect. Maybe one day you can have a business where you sell your special smoothie!



Additional Activity

Pretend you are trying to get other people to buy your smoothie!

- Come up with an advertisement for your smoothie. It can be a picture/ poster or a catchy song.
- Share it with your family.
- Ask them- would your ad make them want to buy your smoothie?

Recipe of the Week:

Smoothie Recipe



Grade level: 4th grade and up

Time: 15 minutes

Location: Indoor

Supervision: Adult supervision required

Supplies: Measuring cups and spoons, blender

Ingredients: You choose from this list!

- 2 cups fresh or frozen fruit of choice:
 - Use 1 fruit or a mixture: banana, strawberries, raspberries, blueberries, sliced peaches, pineapple, mango, or your favorite!
- ½ - 1 cup fresh vegetables:
 - 1 cup leaves like spinach or kale *AND/OR*
 - ½ cup chopped carrots, chopped cucumber, avocado or cooked sweet potato
- ½ cup base (choose one):
 - orange juice
 - milk of choice
 - coconut water
 - yogurt
- A handful of ice cubes- optional
- Optional add-ins:
 - Small handful of nuts or seeds OR 2 tablespoons nut butter
 - 1 tablespoon honey
 - ½ teaspoon cinnamon or ginger or vanilla extract

Directions:

1. Put all ingredients in the blender.
2. Blend until smooth.
3. Enjoy!

