

EAT

Educational Activities Together

EAT Weekly Newsletter | Volume 16

Word of the week: Change

Our word of the week is Change. When something becomes different or you make new choices, you are experiencing 'change'. Starting September 22, 2020, the season will change from summer to fall. Along with the season transition comes lots of other exciting changes!

The amount of daylight time will be more equal to the amount of nighttime. This is because the sun will be more closely aligned with the earth's equator. With the change in sunlight, there will be changes in temperature outside, and tree leaves will change colors while some plants will die off. At home, there may be different sports to watch and play, different foods to eat and different clothes to wear. This month, as you experience the changes from summer to fall, think about other changes happening in your life.

The activities in this newsletter are exciting and healthy ways to learn about change. Get outdoors to experience changing leaves, get moving with quick activity changes, and get cooking with the seasonal change of leafy greens. Have fun and enjoy all the great changes!

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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.



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Get Outdoors!

Nature-based activities that explore change at home

Nature Movement and Leaf Art

Enjoy getting active in fall nature and use the beautiful changing red and brown leaves to create your own art!

Grade level: K-5

Time: 30-45 minutes

Supplies: Two pieces of paper; crayons, colored pencils, or oil pastels; a bag or box; an assortment of leaves, sticks, bark, etc.

Location: Outdoors

Supervision: Adult supervision suggested for leaf collection

Directions:

- Before we go on our leaf hunt, let's move and stretch our bodies! Head outside and find some space to move.
- Let's be a tree. Start in a small ball, squatting on the ground. Slowly stretch upwards until you are standing, lengthening your trunk. Stretch your left arm over your head to the right side of your body, and give your tree trunk a nice bend. Repeat on the other side.
- Move your arms like branches above your head, waving them side to side in the wind. Shake your hands over your head and back down to the ground, like leaves falling to the earth. Take a few minutes for some free movement or dancing. Alright, now we can begin our art!
- Spend 10 minutes exploring outside. Use your bag or box to collect interesting fall leaves. Leaves that are flat work better, make sure they are not wet (or dry them out first). You can also gather sticks, pine needles, and/or bark.
- Find a hard, flat place to sit and draw. Place one piece of paper on the hard surface. Place a leaf on this paper, and then arrange your second paper over the leaf, covering it and creating a sandwich.
- Unwrap your crayon or oil pastel and use it on its side to gently color on the paper over the leaf, focusing on getting its texture and shape to show through. If you are using a colored pencil, angle it using a side of the pencil tip. If your leaves move, tape them down!
- Experiment with all of your plant parts picked up on the walk, and see which create the best rubbings! Be creative with your color choices and welcome autumn into the year!

Source: Activity from DPS Hub Farm



Explore More!

- Leaf Art: This fall, whenever you have a colorful meal, see if you can find a tree leaf that matches the color of a food on your plate!

Learn about Leaves

During fall, we think about leaves a lot! We see them changing color and falling on the ground, and we see more types of leaves growing in the garden. Leaves have an important job, they absorb sunlight for the whole plant to use as food. All plants have leaves, and there are some leaves that we eat like collard greens, spinach and lettuce. Check out the activity ideas below to learn more about leaves!

Grow Leafy Greens

Grade: All grade levels with supervision

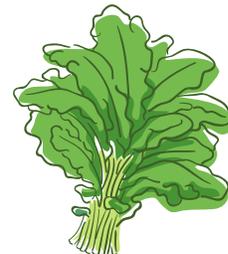
Time: 10 minutes planning / 5 min+ daily

Supplies: Varies

Location: Indoors or outdoors

Supervision: Adult supervision required

Directions: September is a good time to plant leafy greens in North Carolina's Piedmont region. Choose one that you would like to grow! Research what supplies and space you will need to make it happen. Need help getting started? Check out our Instagram page and website for times you can pick up Grow at Home Kits! When it's time to harvest, check out a healthy cooking idea below.



Cook with Leafy Greens

Grade: All grade levels with supervision

Time: 15 + minutes

Supplies: Varies depending on the recipe

Location: Indoor

Supervision: Adult supervision required

Directions: Leafy greens are delicious and nutritious. They all have dietary fiber to keep our hearts and tummies healthy. They also each have different vitamins and minerals, which is a great reason to eat a variety of greens! Try out these cooking ideas or find your own recipe. Use cabbage to make coleslaw. Saute kale leaves with olive oil, minced garlic, and a pinch of salt and pepper for a yummy side dish. Use a big collard green leaf as a wrap for your favorite sandwich ingredients. Try the Collard Roll Ups recipe on page 4 of this newsletter!



Read about Leaves

Grade: Pre-K and K

Time: 5 minutes

Supplies: Computer

Location: Indoor

Supervision: Adult supervision suggested

Directions: Read along to Fall Leaves Fall by Zoe Hall with this video <https://www.youtube.com/watch?v=000PKUGAG1E>



Write about Leaves- Green Veggies

Grade: 1st and up

Time: 30 minutes

Supplies: Paper and something to write with; or a computer

Location: Indoor

Supervision: Adult supervision not needed. Write your own story or acrostic poem about your favorite leafy green vegetable. Not sure what to write? Use your five senses to help describe it: What does it look like? Smell like? Feel like? Taste like? Does it make a sound? Mention why the food is healthy for our bodies. Create art with Leaves – Check out the all-ages activity on the other side of this page

Get Moving!

Physical activities that explore change at home

Triathlon



Grade level: Pre K-5
Time: 10 minutes
Supplies: None
Location: Indoor or Outdoor
Supervision: None

Directions: A triathlon is a race with three different events: swimming, biking and running. Racers have to transition quickly between each event. Practice making quick changes as you do this triathlon activity!

1. Pretend to swim by laying on your belly and moving your arms and legs off the ground. "Swim" for 30 seconds.
2. Pretend to ride a bike by laying on your back, lifting your head and legs off the ground. Pedal your legs like you are riding a bike. "Bike" for 30 seconds.
3. Stand up, and run in place. "Run" for 30 seconds. 4. Repeat 5 times. Great job!!

Source: Adapted from BOKSKids.org.



Newspaper Dancing



Grade level: Pre K-5
Time: 5 minutes +
Supplies: Sheet of newspaper, or other large piece of paper that can be folded, fun dance music.
Location: Indoor or outdoor
Supervision: Adult supervision suggested for Pre K - 1
Directions: Adapting to change can be fun! Can you change how you dance as your dance floor gets smaller?

- Unfold your paper and lay it flat on the ground. This is your dance floor.
- Turn on the music, step on your dance floor and dance! Have fun, move your body, but stay on your dance floor. Dance for 1 minute.
- Step off your dance floor. Fold the paper in half. Your dance floor just got smaller!
- Step back on your dance floor and dance! Have fun and stay on your dance floor. Dance for 1 minute.
- Step off your dance floor. Fold the paper in half again.
- Step back on your dance floor. Can you figure out how to keep dancing on your dance floor as it gets smaller and smaller?
- Keep folding and dancing as long as you can!

Source: Adapted from Mrs. King Rocks
<https://mrskingrocks.blogspot.com/2010/08/back-to-school-with-newspaper-dancing.html>



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 that explore change at home

Recipe of the Month: Collard Roll Up

Grade level: All grades

Time: 20 minutes

Supplies: Scissors, measuring spoons, measuring cup, box grater (adult needed), teaspoon

Location: Indoors

Supervision: Adult supervision required for 3rd grade and below

Ingredients:

- 4 large collard leaves
- 2 teaspoons olive oil
- 4 pinches salt
- 1 cup mashed ripe avocado or hummus
- 2 carrots or small beets (or one of both), scrubbed or peeled, and grated on the large holes of a box grater
- 1/2 cup toasted pecans, cashews, walnuts, almonds, or pumpkin seeds
- lemon or lime wedge for squeezing

Directions:

- Wash your hands with soap and water, for at least 20 seconds, then gather all your equipment and ingredients and put them on a counter.
- Use the kitchen scissors to trim the thick part of the stem out of each collard leaf.
- Lay 1 leaf on the clean counter, with the underside of the leaf facing up, and drizzle it with half the oil and a pinch of salt.
- Rub the leaf with the oil and salt until it looks dark and shiny (this will make the leaf flexible so it can roll up without cracking). Repeat with the other leaves.
- Use the teaspoon to spread half the avocado or hummus over the center of each leaf, and top with the grated carrots or beets and nuts or seeds. Squeeze a little lemon or lime juice over the filling.
- Roll up each leaf into a tight log. Cut each roll in half, if you like, and eat right away.

Food of the Month: Collard Greens

They are delicious, nutritious and in season in North Carolina!



Did You Know?

Collard greens taste sweeter when it's frosty cold outside.



Source: Activity adapted from Chop Chop Family
<https://www.chopchopfamily.org/recipe/collard-roll-ups/>