

Thanksgiving, Hanukkah, Christmas, Kwanzaa, & New Year - what do their celebrations have in common?

Hint: Check out this activity from National 4-H's 2018, "4-H Inspire Kids to Do: Holiday Activity Guide" to learn more about honeybees who put food on all our holiday tables. If interested, please contact 4-H office for more information on the full Honey Bee Challenge kit.

Farm-to-Table Honeybee Challenge

Description

Did you know that approximately one in every three bites we eat is the result of the work of honey bees? This holiday season, try this fun activity to identify the ingredients you use to make family meals that rely on honey bees.

Apples, pumpkins, strawberries, sunflowers, oranges, buckwheat and almonds are just some of the crops that rely on the honey bee population.

Activity Steps

1. Recall the five food groups that are the building blocks for a healthy diet: fruits, vegetables, protein, grains and dairy.
2. Think about the foods that you eat every day and during the holiday season.
3. List foods that fit into each of the five food groups.
4. Circle foods that depend on honeybees.
5. Imagine how different our meals would be if there were no honey bees!



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New Year Resolutions & Registration

2019 4-H Enrollment

Register your enrollment profile
in the NEW 4-H online system:
<https://nc.4honline.com/>



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MECKLENBURG COUNTY CENTER



4-H AT HOME

Mecklenburg County 4-H
4-H Activities for YOU

Avoid "brain freeze" this winter. Challenge yourself & others with snow day boredom busters, winter break activities, and so much more to keep those 4-H minds warm & engaged all season long!

2018

WINTER
edition

2019

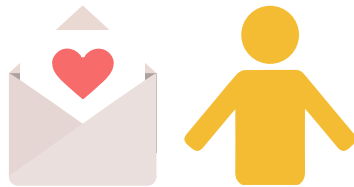
Snow science: What is snow?

As snow may fall over next several months, take time to turn it into a learning experience. All it takes is a little time to think about the right questions to ask yourself as you explore your world. Here are few sample questions to ask yourself during or after a snow fall:

- If you had to describe snow, how would you do it?
- What is snow made of?
- What state of matter is snow—solid, liquid or gas? How do you know? Could snow exist in other forms?
- Where else besides North Carolina would you find snow in the U.S.? In the world? Does it snow on other planets?
- Are there different kinds of snow?
- How can you use your senses to learn about snow?
- What snow is best for making snowballs or building snowpeople?
- Is all snow the same?

Credit: MSU Extension

http://www.canr.msu.edu/news/snow_science_what_is_snow



Send a Hug: Kindness Craft

While you have the wrapping paper out over the holidays, consider sending a hug. Roll out wrapping paper with the decorative side down on a hard surface. Lay down with outstretched arms. Have someone trace onto wrapping paper an outline of your body from the shoulders up. Cut your outline out and draw on a face with crayons. Fold up the paper "hug" and place in envelope to mail or hand out. This is a great way to reach out to veterans, an elderly neighbor, long distance family members, or a friend.

Hot Chocolate Mix

Take some time this winter learning to make your own powdered hot chocolate mix. This mix will be cheaper than buying individual packets and will last you longer or leave enough leftover to share a jar!

Credit: Utah State University Cooperative Extension
4-H Fun with Foods Level I

Activity 3: Powdered Hot Chocolate Mix

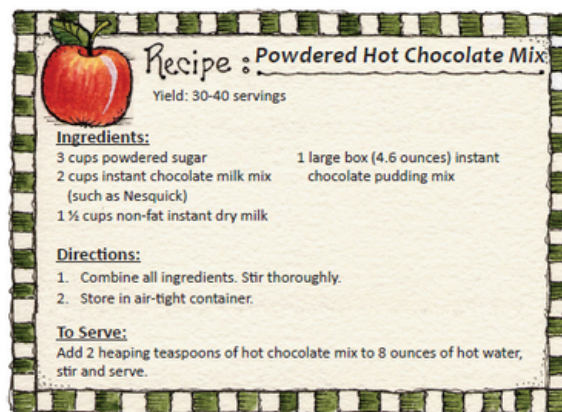
Goal:

Learn how to make homemade powdered hot chocolate.

Materials Needed:

Mixing bowl
Measuring cups
Air-tight container

Large spoon
Measuring spoons
Ingredients as listed in recipe



WINTER WONDER

Crystal Names

Create a wonder-filled ornament, crystal name, or other decoration using the magic of science.

Supplies:

- Pipe cleaners
- Fishing line (twine or yarn will work too)
- Pencils or wooden skewers
- Scissors
- Glasses or plastic container (one for each color)
- A container large enough to hold your name (if doing your name as a single piece written in cursive)
- Borax
- Food Coloring (optional, if you want colored letters you can dye the borax solution or use colored pipe cleaners)
- Liquid measuring cup
- Tablespoon
- Heat Safe Mixing Bowl

Time: 15-20 minutes for the experiment; let dry overnight

What to Do:

1. Using white pipe cleaners, form the letters of your name. Older youth can form their name in cursive. The pipe cleaner letter should fit inside the container without touching any sides.
2. Heat a large pot of water on the stove or heat water in a microwave.
3. Add 3 cups of almost boiling water to the jar.
4. Add 9 Tbsp Borax to the jar and mix until dissolved.
5. Next, add several drops of food coloring to the jar.
6. Place the wooden skewer across the top of the jar.
7. Use fishing line to suspend each letter a few inches from wooden skewer.
8. Let the containers sit overnight. In the morning, the crystal names are finished.

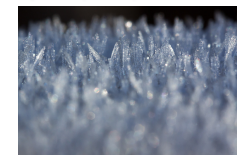
Variations: Try different shapes and colors. Try adding beads. This is a great experiment for snowflake ornaments.

Reflect:

1. What happened in this experiment?
2. Why do you think this happened?
3. If you did this activity again, how would you change it?
4. What other things could you crystallize?

Apply:

5. Where do we see similar crystals throughout our world?
6. How do these crystals differ from the crystals in the experiment?
7. How are these crystals similar to the crystals in the experiment?



Credit: Purdue Extension: Science Experiment: Crystal Names
Project: Arts & Crafts

Chomp & Glow

Ever wonder what triboluminescence means? Try this experiment to witness a wintergreen phenomenon!

Materials:

- Mirror
- Wint-O-Green Life Savers
- A dark room



Steps:

1. Stand in front of a mirror in a very dark room and chomp down on a life saver.

Debriefing:

- Share: Describe the activity we just did.
Process: What did you see happen?
Generalize: What causes the sparks?
Apply: What happens after you've had a mint or used mint toothpaste and drank something cold?

Source: Everything But The Kitchen Sink. 2008 Scholastic.

After the experiment, read more about the answers to the questions here: <http://go.ncsu.edu/chompandglow>

Credit: University of Missouri Extension
4-H After Dinner Science Grab & Go Project