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# Nutrition Nuggets



## Grow an Easter Egg Science Experiment

This Easter science experiment allows kids to grow their own crystals that will actually decorate a pretty egg. This activity is fun for parents, teacher, and homeschoolers alike! Making crystals with borax is super duper easy! It only takes a couple simple materials and 1 day to grow your own crystals! This fun project is simple so kids can enjoy the wonder of exploring and trying new things. In this fun Easter activity you will combine science, engineering, and art for a truly educational and fun learning activity! **WARNING: These crystalized eggs are not edible.**

### Materials:

- pipe cleaners in assorted colors (yellow, blue, green, pink, etc.)
- 3 cups of boiling water
- 9 Tablespoons Borax (found with laundry detergent)
- large jar
- String
- popsicle stick
- Yarn to hang the pipe cleaners

### Instructions:

The first step is to form an egg shape out of your pipe cleaners. Make as many as you like, just remember they each need a jar to soak in to create crystals. If you put two to a jar the crystals will end up joining the two eggs together. Now cut some pipe cleaners in half and use them to create the accents to decorate your egg. You may make them wavy, zig zag, straight, or wiggly. Just loop the small pipe cleaner around the side of the egg to hold in place. Now boil 3 cups of water in the microwave or in a saucepan. Carefully mix in 9 Tablespoons of Borax (found in the laundry detergent aisle) and stir until dissolved. Pour the hot mixture into a jar that is large enough to fit the egg pipe cleaner. Carefully lower the pipe cleaner rainbow into the solution so it is hanging in the solution, but is not touching sides or bottom using a string attached to the top of the egg. The borax and water solution must cover the entire egg craft. Now wrap end around a craft stick and set on top of the jar to hold in place. Resist the urge to check on or touch the jar for 24 hours. Now carefully pull out the beautifully decorated Easter eggs. Can you see all the pretty borax crystals that have formed! Allow the egg to dry on top of the jar or on a cardboard box. Then hang and enjoy this pretty easter craft for kids.

From [123homeschool4me.com](http://123homeschool4me.com)



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## Funny Bunny Oatmeal

1/3 cup instant oats	3/4 cup fat free milk
1/4 teaspoon each cinnamon and vanilla	1 teaspoon brown sugar
2/3 of a small banana	2 fresh blueberries
Chocolate syrup (healthier option: honey)	1/2 of a small strawberry



In a microwave safe bowl, stir together oats, milk, cinnamon, vanilla and brown sugar. Microwave on high for 30 seconds to 1 minute and stir. Cut banana in half. From one half, cut two thick coin slices and place them in the upper third of the oatmeal bowl, side by side, to make the eyes. Top each with one blueberry. Slice the other half lengthwise and place to create the ears. Use the strawberry to make the nose, and then drizzle chocolate, if desired, to make a mouth and whisk.

[www.carolinacountry.com](http://www.carolinacountry.com)

## Plastic Easter Egg Flower

Easter is this month, here is a child friendly activity to create a few fun spring flower decorations. Here's what you will need:

- Green pipe cleaners
- Plastic eggs

There are usually 2 holes in the bottom of your plastic egg. Thread your pipe cleaner up through one hole and back down the second hole. Pull the pipe cleaner up and around to make sure they are even on both ends. Close the plastic egg. Twist the two ends together to make a firm and strong pipe cleaner flower stem. Make one of these for each of your plastic eggs. It's ready to group together and make a beautiful, colorful bouquet



From [www.makeandtakes.com](http://www.makeandtakes.com)

## Enter a Recipe, Win a Prize!

If you would like to submit a childcare favorite recipe, you will receive a small prize. Your name will also be entered into a raffle where one winner will be chosen for a culinary gift basket. These recipes will all be included in our agency's 2022 cookbook that will be accessible to providers. All providers are eligible to enter recipes regardless of their status on the food program. Questions regarding this project as well as recipe entries can be emailed to Sidney at [smorton@solanofamily.org](mailto:smorton@solanofamily.org). Please help spread the word!