



HEAD



HEART



HANDS

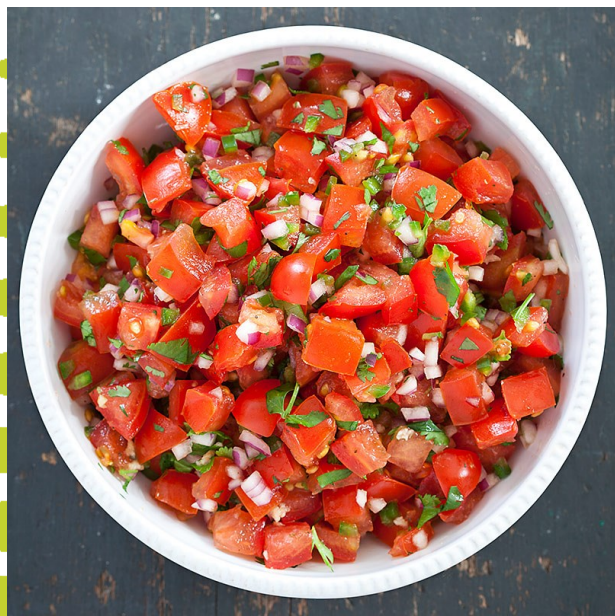


HEALTH



## 4-H Fridays

4-H is an opportunity to try new activities and learn new skills. If you're looking for an idea to pass the time and want to try something new, check out the projects below. 4-H Friday will be created weekly with a variety of projects and skill levels highlighted each week. Please remember the social distancing and safer at home guidelines while doing these projects. Feel free to send in pictures of your 4-H Friday creations by emailing: Tracy Keifenheim at [tracy.keifenheim@wisc.edu](mailto:tracy.keifenheim@wisc.edu)



### Fresh Tomato Salsa

#### Ingredients/Supplies:

- 3 cups chopped tomatoes
- 1 /2 cup chopped green bell pepper
- 1 cup onion, diced
- 1 /4 cup minced fresh cilantro
- 2 Tbsp. fresh lime juice
- 4 tsp. chopped fresh jalapeño pepper (including seeds will make it hot)
- 1 /2 tsp. ground cumin
- 1 /2 tsp. salt
- 1 /2 tsp. ground black pepper

#### Directions:

1. Stir the tomatoes, green bell pepper, onion, cilantro, lime juice, jalapeño pepper, cumin, salt, and pepper in a bowl. Serve with tortilla chips. Servings: 40 Source: [allrecipes.com](http://allrecipes.com)

#### Reflect:

- What are ways that you can eat more vegetables?
- Does it matter how the vegetable is prepared? (cooked, mashed, steamed, raw)

#### Apply:

- Ready-to-go or slightly prepared vegetables are an easy way to conveniently add vegetables to your diet.
- Most of the fat and calories from eating vegetables comes from the dressings and dips you eat them with.

**Adapted:** Discover Healthy Snacks Utah State University Extension | [Utah4-H.org](http://Utah4-H.org)



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## Better Bubbles

### 4-H Project Area: STEM

**Time:** 20-30 minutes

#### Materials:

Prepared bubble solutions  
(see recipes below)

2-4 shallow pans or trays

1 bubble wand per child Recommend this activity  
be done outdoors



**NOTE: Do not dump soap onto grass-it will burn plants.**

#### Advance Preparation:

Mix the following solutions the day before you plan to do the activity. Bubble solutions improve with age.

Bubble Solution #1—More Soap (*Bigger Bubbles*)

4 cups water

1/3 cup dish soap (Dawn Pro recommended)

2½ teaspoons glycerin\*

Bubble Solution #2—More Glycerin (*Stronger Bubbles*)

4 cups water

1/4 cup dish soap (Dawn Pro recommended)

1/2 cup glycerin

*\*Glycerin is a natural by-product in soap and is used as a moisturizer in personal care products. You can find 100% glycerin in most pharmacies or supermarkets. Karo Syrup can be substituted but leaves surfaces slightly sticky.*

#### Investigate

Basic bubble solutions are made of 3 different ingredients — water, soap and glycerin. Allow children to dip a finger in the soap, the glycerin, and each of the two bubble solutions. Invite them to talk about what they observe. Tell them that they are going to test each ingredient to figure out which ingredient makes bigger and stronger bubbles.

**Reflect:** Ask, Was there a difference between the solutions? Which solution worked better?

Ask, What other tests or experiments might they try to make a better bubble?

**Adapted from:** WI 4-H Cloverbuds Activity Plans Part1  
<https://fyi.extension.wisc.edu/wi4hcloverbuds/activity-plans/>

## CREATE A CLOUD

**Materials:** Glass bottle, Boiling water, Cloth, Rubber band, Crushed ice

#### Q: What are clouds?

**A:** A cloud is a large collection of very tiny droplets of water or ice crystals. The droplets are so small and light that they can float in the air.

#### Q: How are clouds formed?

**A:** All air contains water, but near the ground it is usually in the form of an invisible gas called water vapor. When warm air rises, it expands and cools. Cool air can't hold as much water vapor as warm air, so some of the vapor condenses onto tiny pieces of dust that are floating in the air and forms a tiny droplet around each dust particle. When billions of these droplets come together they become a visible cloud.

1. Set water boiling in a pot.
2. When the water has boiled, pour it into a glass bottle.
3. When the bottle becomes hot, pour out all but one inch of the water.
4. Stretch a cloth over the mouth of the bottle, and fasten it with a rubber band.
5. Place some crushed ice on top of the cloth.
6. A cloud will form as the warm air meets the cold.
7. Show the students the bottle.
8. Explain how the weather cycle works and how this activity demonstrates that.

**Reflect:** Ask the kids what they thought was going to happen with the cloud experiment. Ask them what they think are the benefits of rain.

**Apply:** Talk about their favorite things to do when it rains. Continue by talking about how important rain is and its benefits. Make sure they understand where rain comes from.

**Adapted from:** Discover 4-H Paper Crafts Club Utah  
State University Extension | Utah4-H.org

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