



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



Mango Frozen Yogurt

Ingredients/Supplies:

- 4 ½ cups diced frozen mango (16-oz. bag), not thawed
- 1 ½ cups nonfat vanilla or plain, or Greek yogurt

Directions:

1. Combine mango and yogurt in a food processor or blender. Process until smooth.

Reflect:

Why is it important to choose healthier food options?

Why is it important to strive to have at least 2 food groups in a snack?

Apply:

How can knowing how to make your own healthy snacks help you with your health for years to come?

Adapted: Discover Healthy Snacks Utah State University Extension | Utah4-H.org

Skinny Peanut Butter-Yogurt Dip

Ingredients/Supplies:

- ½ cup Greek yogurt, fat free, plain • ¼ cup natural peanut butter, crunchy recommended
- 1 ½ cups nonfat vanilla or plain, or Greek yogurt

Directions:

1. Combine all the ingredients in a small bowl, refrigerate until ready to eat.

2. Serve with your favorite fruit or veggie. Apple wedges are especially tasty.

Reflect:

Why is it important to have the right tools when you are cooking?

Apply:

What other kinds of jobs require the right tools for the job?

Adapted: Discover Healthy Snacks Utah State University Extension | Utah4-H.org



Extension
UNIVERSITY OF WISCONSIN-MADISON
FOND DU LAC COUNTY

Rippin' Rockets

4-H Project Area:
Aerospace

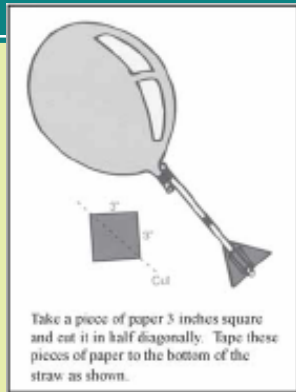
Time: 20-30 minutes

Materials:

- 2 flexible drinking straws per person
- Cellophane tape
- 1 sheet of paper per person
- 1 balloon per person
- 1 pair of scissors per person

Getting Ready:

- Cut at least one 3" square of paper per person.
- Practice making a balloon rocket.



WHAT TO DO

Make a balloon rocket referring to the drawing on this page.

1. Inflate a balloon. Let it go. Record Experiment #1 Observation.
2. Cut the rim off the balloon. Cut 1" piece off one of the straws, just below the bend. Insert it into the balloon opening and tape securely to the unbendable, 1" cut piece of straw. Inflate the balloon with the straw piece. Let it go. Record Experiment #2 Observation.
3. Take the remaining piece of straw and insert its end into the non-bendable end of another plastic straw. Tape the 1" straw with balloon to the bendable end of the long attached straw. Inflate the balloon. Let it go. Record Experiment #3 Observation.
4. Cut the 3" square paper in half diagonally. Tape the pieces to the end of the straw opposite the balloon to make fins. Inflate the balloon rocket. Let it go. Record Experiment #4 Observation.
5. Experiment with the balloon rocket until you can control its direction of flight. Record Experiment #5 Observations.

Reflect: How did you and your friend's results compare? What did you learn about directional control of a rocket?

Adapted from: 4HCCS Aerospace project series Stage 3, Reaching New Heights (BU-6844), pages 6-7.

Is it an Insect?



Which of the following are insects:

- | | | |
|-------|--------------|-------------|
| Ants | Bees | Butterflies |
| Flies | Grasshoppers | Moths |

If you answered "all of them" then you are correct! If you find these insects outside or look at pictures you will learn the following things that make an insect an insect. All insects have a:

- Body that is divided into three parts (head, thorax, and abdomen)
- Pair of antennae
- 3 pairs of legs

Some adult insects have one or two pairs of wings.

The study of insects is called entomology. While all insects have the same basic parts, there are a lot of differences in how the parts look and work (for example: their mouths, their abilities to run, hop or fly, and the way they communicate (using light, sound or color)). This is called diversity.

Eyes of an Insect: You learn much about your world by looking. An insect has a compound eye and sees objects differently than other animals because of the way its eye is made. They have what are called facets that make up their eyes. Insects look at things and see them divided into several thousand parts.

Let's try it:

1. Cut a handful of drinking straws in half and hold them together.
2. Wrap the straws tightly with masking tape so they can stand on their own.
3. You have just made a compound eye model
4. Look at a picture through your compound eye model. What do you see? How does the picture change from what your own eyes see?

Reflect:

What else could you explore about insects? What do you need to do to start an insect collection?

Source:

Teaming with Insects, 4-H Entomology Literature

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