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## SCIENCE



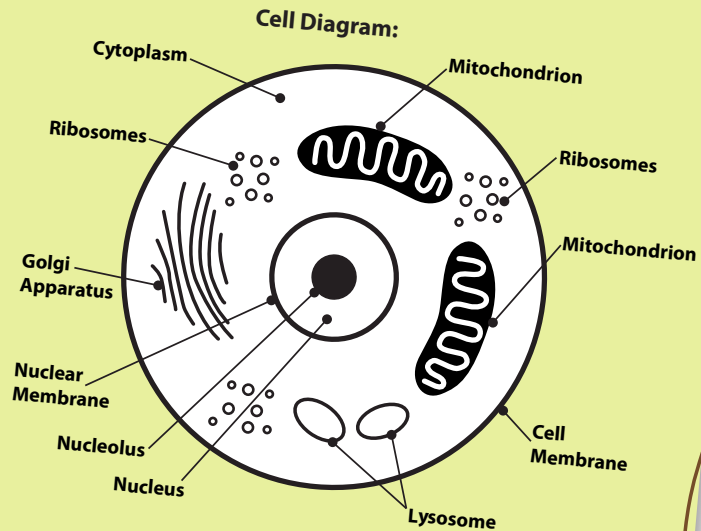
### Edible Cell

#### Ingredients:

- 1 Package light color jello (lemon or unflavored) for the cytoplasm.
- Variety of candies:
  - Filled cupcake or large gumball as the Nucleus
  - Gummy worms as the Golgi bodies
  - Jelly beans for Lysosomes
  - Orange slices (mandarin or orange candy slices) for the Mitochondria
  - Nerds for Ribosomes

#### Directions:

Mix jello with  $\frac{3}{4}$  less water than recipe calls for, chill until nearly firm, yet moldable. Insert various food items to represent the parts of a cell. Chill and Enjoy.



## SCIENCE



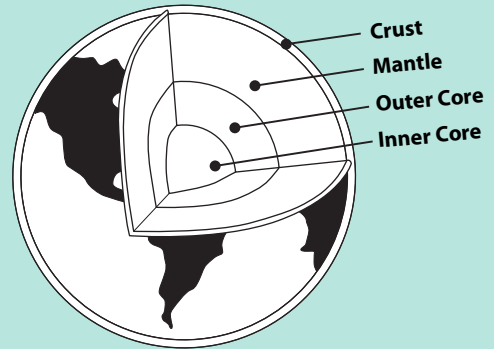
### Earth's Layers

#### Ingredients:

- Gum balls
- Whipped topping (dyed red)
- Chocolate chips (various types)
- Raisins
- Graham cracker crumbs
- Oreo Cookie crumbs
- Clear Plastic cups

#### Directions:

Start by placing the gum ball in the bottom of a clear plastic cup to represent the core of the earth. Next spoon a layer of the whipped topping to represent the mantle of the earth. Mix the chips and raisins together and place a layer to represent the bedrock. Graham cracker crumbs are layered next to represent the clay layer, and Oreo Cookie crumbs are on top to represent the topsoil. Talk about each layer as you add it. If you are feeling creative, you can decorate the top with gummy worms or green coconut to show that is where life happens.



## SCIENCE



### Igneous Rocks

**Ingredients:**

- 1 can evaporated milk (6 oz)
- 1 ½ cups sugar
- ¼ tsp. salt
- ½ cup chopped nuts
- 1 ¼ cups chocolate chips
- 1 tsp. vanilla

**Directions:**

Grease an 8x8 or 9x9 pan. Combine evaporated milk with sugar and salt in a saucepan. Bring to a boil. Reduce heat and simmer, stirring for 5-9 minutes. Remove from heat. Add remaining ingredients and stir gently. Pour into prepared pan and let cool. Refrigerate.



## SCIENCE



### Metamorphic Rocks

**Ingredients:**

- ½ cup shortening or margarine
- 1 cup brown sugar
- ½ tsp. vanilla
- ½ cup well-drained crushed pineapple
- ½ cup chopped nuts
- 1 egg beaten
- 1 cup whole wheat flour
- 1 tsp. baking soda
- 1 tsp. salt
- 1 cup flour

**Directions:**

Cream shortening and sugar together. Add beaten egg and vanilla. Add the dry ingredients and mix. Stir in fruit and nuts. Drip by teaspoon onto cookie sheet. Bake at 375 degrees for 7 minutes. Can also add chocolate chips, coconut, wheat germ etc.



### Sedimentary Rocks

**Ingredients:**

- 1 ¼ cups crushed flake cereal
- 1 ½ tbsp. sugar
- ½ cup margarine
- 1 cup chocolate or butterscotch chips
- 1 ¼ cups coconut
- 1 cup chopped nuts
- 1 can sweetened condensed milk (14 oz)

**Directions:**

Melt the margarine. Mix with cereal and sugar. Press into an 8x8 or 9x9 pan. Sprinkle the chips over the cereal layer. Sprinkle the coconut over chips. Sprinkle the nuts over the coconut. Pour condensed milk over the layers. Bake at 325 degrees for 25 minutes.



**MATH**



*Snack Mix*

**Ingredients:**

Recipe: 2x:

- 2 \_\_\_\_\_ cups granola cereal
- 1 1/2 \_\_\_\_\_ cups dry-roasted peanuts
- 1 \_\_\_\_\_ cup(s) pretzel sticks
- 1 \_\_\_\_\_ cup(s) cheese crackers
- 3/4 \_\_\_\_\_ cup(s) raisins

**Directions:**

Measure and put all ingredients in a plastic bag and shake gently to mix. This recipe is easy to switch up and change ingredients according to your likes and dislikes. Make it for a larger group by doubling and tripling the ingredients, or cut it in half for one person.

**MATH**



*Simple Sugar Cookies*

Work on math skills by doubling the recipe ingredients to make 4 dozen cookies.

**Ingredients:**

Recipe: 2x:

- 2 3/4 \_\_\_\_\_ cups all-purpose flour
- 1 \_\_\_\_\_ teaspoon(s) baking soda
- 1/2 \_\_\_\_\_ teaspoon baking powder
- 1 \_\_\_\_\_ cup(s) butter, softened
- 1 1/2 \_\_\_\_\_ cups white sugar
- 1 \_\_\_\_\_ egg(s)
- 1 \_\_\_\_\_ teaspoon(s) vanilla extract

**Optional:**

- 1 \_\_\_\_\_ teaspoon(s) cinnamon
- 1/4 \_\_\_\_\_ cup sugar

**Directions:**

1. Preheat oven to 375 degrees F (190 degrees C). In a small bowl, stir together flour, baking soda, and baking powder. Set aside.
2. In a large bowl, cream together the butter and sugar until smooth. Mix in egg and vanilla. Gradually blend in the dry ingredients. Roll dough into rounded teaspoon size balls, and place onto ungreased cookie sheets. Optional: Roll the dough balls in mixture of cinnamon and sugar before placing on cookie sheets.
3. Bake 8 to 10 minutes in the preheated oven, or until golden. Let stand on cookie sheet two minutes before removing to cool on wire racks. Enjoy!

Makes around 24 cookies (2 dozen).



## GEOGRAPHY



### U.S. Map Sugar Cookie

#### Ingredients:

- 1 cup softened butter
- 1 cup sugar
- 1 egg
- 1 teaspoon vanilla
- 3 cups flour
- 2 teaspoons baking powder

#### Directions:

1. Preheat the oven to 400.
2. Cream together butter, sugar, egg, and vanilla in large mixing bowl.
3. Add flour and baking powder.
4. Mix until it forms a smooth dough.
5. Shape into Continental United States on a cookie sheet, but keep dough about 1/4" thick.
6. Bake for 7-8 minutes (until the edges begin to brown).
7. Cool, and Decorate

#### Decorate Suggestions:

Open-ended, so use what works best for your map.

- Blueberry Frosting for waterways
- Coconut dyed green for grass/fields
- Yellow Sprinkles (or brown sugar) for the desert
- Hershey Kisses for larger mountain ranges
- Chocolate Chips for the smaller mountain ranges

## HISTORY



### Homemade Butter

#### Ingredients:

- 2 cups of heavy cream
- 1-2 cups ice water
- Sea salt to taste

#### Directions:

Place cream on counter for 8-12 hours (works best if slightly sour-if it is not yet turning, let it sit out for 12 hours to allow bacteria to form lactic acid or add a spoonful of yogurt or buttermilk with live cultures prior to letting it to sit out to culture). Pour cream into quart size canning jar. Shake slowly and deliberately until the cream starts to coat the jar and becomes thick like whipping cream and pulls away from the sides (Turns to 2 substances-buttermilk and butter). Let jar sit one minute and then pour the buttermilk into a separate glass. Pour ice water into the butter to wash it. Knead with hand or stir to remove any milk. Strain until water is clear, and then remove all water leaving only butter in the jar. Stir in salt. Use immediately or refrigerate until ready to use.  
*Makes approx. 1/2 cup of butter.*

## HISTORY



### Hummus

**Ingredients:**

- 1 — 14-16 oz. can of chickpeas, drained
- 2 tbsp. Tahini paste
- 2 tbsp. Lemon juice
- 1 clove garlic, crushed
- Salt and pepper to taste
- Olive oil and paprika to garnish

**Directions:**

Put the chickpeas, tahini paste, lemon juice, garlic, salt and pepper in a food processor and puree into a smooth paste. Put into a small bowl and drizzle with olive oil, sprinkle with paprika. *Makes 1 cup of hummus.*

## HISTORY



### Colonial Apple Butter

**Ingredients:**

- 4 cups bottled unsweetened apple juice or cider (cider yields richer/stronger apple flavor)
- 4 lbs. golden delicious apples (peeled, cored & sliced)
- 1 1/2 cups of sugar
- 2 tsp. ground cinnamon

**Directions:**

In a heavy bottomed, 8 quart pan bring apple juice to a boil over high heat. Add apples. Reduce heat to medium low, cover and simmer, stirring occasionally until apples mash easily (about 30 minutes). Stir in sugar and cinnamon until well blended. Cook uncovered until thickened and reduced to about 5 cups—mash and stir often—or for about one hour. Can be canned or frozen; or stored in refrigerator for a short time. *Yields about 5 pints.*

## HISTORY



### Potato Soup

*(Deanne's MIL Depression Recipe)*

**Ingredients:**

- 5 lb. potatoes scrubbed and chopped
- 8 cups water
- Several stalks of celery chopped
- 3-5 chopped carrots
- Ham hock or any meat carcass (if available)
- Salt and pepper to taste

**Directions:**

Boil potatoes with meat (if available) till tender. Add chopped celery and carrots. Simmer till desired tenderness. Salt and pepper to taste. Can also add any additional seasonings on hand or sprinkle in corn meal to thicken.

## HISTORY



### Hardtack Crackers

(Northwest Historical Military Society)

#### Ingredients:

4 cups flour  
(whole wheat)  
4 tsp. salt  
2 cups water

#### Directions:

Mix flour and salt together in a bowl. Add just enough water (less than 2 cups) to make the mixture stick together. This will produce dough that will not stick to hands, rolling pin or pan. The dough will have to be mixed by hand. Roll the dough into the shape of a rough rectangle. Cut the dough into squares 3x3" and ½" thick. Press Pattern of four rows of four holes (press don't punch) on each cracker (both sides). Place on ungreased cookie sheet and bake at 375 degrees for 30 minutes. Turn each piece over and bake for another 30 minutes. The crackers should be slightly brown on each side and can be easily broken when fresh. They will dry and harden as they cool. *Recipe for 10 Pieces.*

## HISTORY



### Johnny Cake

(Eaten in U.S. since the 1600s)

#### Ingredients:

1 cup water  
1 1/2 cups ground cornmeal  
1/2 teaspoon salt

1/2 cup milk  
2 tbsps. butter

Syrup, molasses or  
preserves for topping.

#### Directions:

Bring 1 cup water to boil in a medium saucepan. Combine cornmeal, salt, boiled water and milk in a medium bowl. Stir well. Melt 2 Tablespoons butter in a skillet or cast iron griddle over medium heat. Pour 1 tablespoon batter into the skillet, pancake style to cook. Cook 4-5 minutes on each side until edges are lacy and lightly browned. Serve with molasses, maple syrup and butter.

## HISTORY



### Meatless Meat Loaf

#### Ingredients:

1 cup rice  
1 cup peanuts crushed  
1 cup cottage cheese

1 egg  
1 tbsp. oil  
1 tsp. salt

#### Directions:

Combine all ingredients together and bake at 350 degrees in a loaf pan for 30 min or till set. (May not sound appetizing but filling).



## BIBLE



### Jacob's Lentil Stew

#### Ingredients:

- ½ cup fresh chopped cilantro (coriander) divided
- 3 carrots
- 3 celery stalks including leaves
- 2 tbsp. extra virgin olive oil
- 1 lg. onion diced
- 1 clove garlic, crushed
- 2 cups dry red lentils
- ¼ cup pearl barley
- 2 quarts vegetable or chicken stock
- 1½ tsp. cumin
- 1 tsp. hyssop or parsley
- Bay leaf

#### Directions:

Roughly chop the cilantro. Scrub carrots and cut into chunks (do not peel). Cut celery into chunks, including leaves. Set aside. In a medium sized soup pot, heat olive oil over medium heat. Add diced onion and sauté till translucent. Add garlic, carrot chunks and celery. Continue to sauté till onion turns golden and ingredients begin to caramelize. Add red lentils and barley to the pot. Stir. Cover mixture 2 quarts broth and bring to a boil. Reduce Heat to Simmer. Add ¼ cup fresh cilantro to the pot along with the cumin, hyssop (or parsley), sumac (optional) and bay leaf. Stir. Cover the pot and let the stew simmer slowly for 1 ½ to 2 hours, stirring every 30 minutes until the barley is tender and the stew is thickened. Serve. Salt and Pepper to taste. Garnish with fresh cilantro. Serve with unleavened bread for authentic experience. *Serves 6.*

## BIBLE



### Resurrection Rolls

#### Ingredients:

- Large marshmallows
- Melted butter
- Cinnamon/sugar mixture
- Can of crescent rolls

#### Directions:

Separate the crescent roll dough into triangles—the roll represents the burial linen used to wrap Jesus body. Dip marshmallow in melted butter, then roll in cinnamon/sugar mixture—the marshmallow represents Jesus' body, the melted butter represents the oils used in anointing the dead, and the cinnamon/sugar mixture represents the spices used in burials. Place the marshmallow in the center of the crescent roll, wrap the roll around the marshmallow and pinch the edges shut. Place them on a greased cookie sheet and bake as directed on the crescent rolls—the oven represents the tomb. When cooked the marshmallow melts and leaves the hollow crescent roll. This is a demonstration of how Jesus rose from the dead, and all that remained was the burial linens.



## LANGUAGE ARTS



### Corn Dodgers

#### Ingredients:

- 2 cups cornmeal
- 1 tsp. Salt
- 1 tbsp. lard (shortening)
- 1/2 cup milk
- 1 tsp. bacon drippings

#### Directions:

Mix the cornmeal and salt in a bowl. Press the lard into a well in the center of the cornmeal mixture. Bring 1/2 cup of water to a boil and pour over items in the bowl and stir until the lard is melted and mixture begins to cool—it should become crumbly. Stir in milk to form batter. Heat the drippings in a skillet and drop the batter by teaspoonfuls. Press to make them flat and fry on both sides until brown. Should take about 15 minutes to cook.

Corn Dodgers are mentioned in the Little House series by Laura Ingalls Wilder and this recipe comes from *The Little House Cookbook*.

## LANGUAGE ARTS



### Turkish Delight

#### Ingredients:

- 1 1/2 cups water
- 3 cups sugar
- 3 tbsp. light corn syrup
- 1/2 cup orange juice
- 3 tbsp. orange zest
- 3 (.25 oz.) envelopes unflavored gelatin
- 3/4 cup cornstarch
- 1/2 cup cold water
- 1 tbsp. vanilla extract
- 3/4 cup chopped pistachio nuts
- Confectioners' sugar for dusting

#### Directions:

Bring 1 1/2 cups water, sugar, and corn syrup to a boil over medium-high heat. Cook, stirring frequently, until the temperature reaches 240°F on a candy thermometer. Set aside and keep hot.

Stir together orange juice and zest, sprinkle with gelatin, and set aside. In a separate small bowl, dissolve cornstarch in 1/2 cup cold water, then stir into hot syrup. Cook over medium-low heat, and simmer gently, until very thick.

Remove syrup from heat, stir in orange juice mixture, vanilla, and pistachios. Sprinkle confectioners' sugar generously in 8x8 pan to coat it, then pour Turkish Delight into the pan. Let cool at room temperature until set—3 to 4 hours.

When cool, sprinkle the top with another thick layer of confectioners' sugar. Cut into 1 inch squares and be sure to coat the sides with confectioners' sugar. Store in airtight container at room temperature.

This is a good recipe to do while studying or just reading *The Chronicles of Narnia*.



# LANGUAGE ARTS



## Obi-Won Tons

### Ingredients:

12 oz. package egg roll wrappers  
Olive oil

### Assorted Toppings:

- Sesame seeds
- Poppy seeds
- Garlic powder
- Onion powder
- Seasoned salt
- Parmesan cheese

### Directions:

Preheat oven to 375°. Use Star Wars cookie cutters or use a knife to freehand the shapes you want. Brush each shape with olive oil and sprinkle with your favorite topping. Bake until browned—5 to 6 minutes.

This idea comes from *Wookiee Pies, Clone Scones and Other Galactic Goodies*. For the family who is watching and talking about the movies, reading the books, or even using them as a form of literature study.

# WEB LINKS

### Plimoth Plantation Recipes:

<https://plimoth.org/for-students/activities-games/historic-cooking>

### Colonial Williamsburg Recipes—Historic Foodways:

<https://www.colonialwilliamsburg.org/learn/recipes/>

### Edible Rocks Recipes:

<http://oklahomahomeschool.com/edibleR.html>

### Kid-Friendly Recipes:

<https://www.foodnetwork.com/recipes/packages/recipes-for-kids/cooking-with-kids/recipes-kids-can-make>

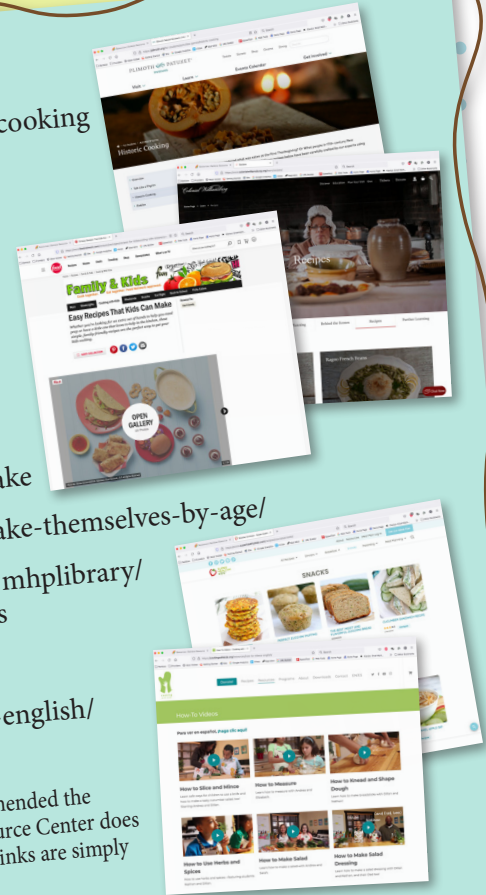
<https://www.superhealthykids.com/recipes-kids-can-make-themselves-by-age/>

<https://www.bettycrocker.com/menus-holidays-parties/mhplibrary/recipes/7-super-easy-snacks-kids-can-make-themselves>

### Cooking with Kids Videos:

<https://cookingwithkids.org/resources/how-to-videos-english/>

\*While these websites appear to be suitable for mature teens, it is recommended the parent(s) review these sites prior to use by their children. Rainbow Resource Center does not endorse nor is liable for content therein any sites listed above, these links are simply provided as a resource for homeschool families.





## RESOURCES

- Science Chef: Travels Around the World
- The International Cookbook for Kids
- Cooking Class: Global Feast!
- American Girl: Around the World Cookbook
- Eat Your Way Around the World
- Eat Your Way Around through the USA
- US History Cookbook
- United States Cookbook
- Cooking & Science (Elementary and Secondary)
- Edible Science
- Little House on the Prairie Cookbook
- Celebrating the Biblical Feasts
- Math Chef
- Campfire Cooking
- Food: 25 Amazing Products



## RESOURCES

- Betty Crocker's Cookbook for Boys and Girls
- Cook It! Dr. Seuss Cookbook for Kid Chefs
- Kids Cook Dinner
- The Best Ever Bread Book
- Bake Up! Kids Cookbook
- The Totally Awesome Ultimate Kids' Cookbook
- Supper's on the Table
- Ancient Israelites and Their Neighbors
- The Elven Cookbook
- The Anne of Green Gables Cookbook
- Five in a Row Cookbook

