

FAIRBANKS MUSEUM & planetarium

Household Science for Preschool

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April 10, 2020

The following instructions represent additional resources for continued study of the topics covered in our "Household Science for Preschool" online class. All materials are the property of Balch Nature School Director Carolyn Guest and Assistant Director Libre Drouin who created them.

Wonder what can I make from some refrigerator contents today with children? (outline)

Question to be addressed: What's in the refrigerator that can be used to demonstrate change of a material? What else do I need to make this change? How can this be a fun project for children?

Connection: Last week we ended with the egg in vinegar project after dyeing eggs with natural dyes. Today, I have gone through my refrigerator and cupboards to see what foods I can use and things I can do to change the color and flavor.

(Here is a tray of what I found)

Look over the ingredients and talk about them

Eggs: In many cultures, eggs are a symbol of rebirth and are part of traditional meals leaving many extra boiled eggs at the end of the festivities. One way the Pennsylvania Dutch used these was to preserve them is to pickle them. Oh, I can add **Beets** for color and flavor along with some spices.

Beets: Beets are a root vegetable that keeps well late in the winter, so its available fresh in addition to canned. In Central Europe, beets were often pickled with horseradish for a relish to be served with meats during Easter celebrations (all 4 days!). I have horseradish in my garden, this will be another great recipe.

Carrots and Cauliflower: This reminds me of the refrigerator pickles we make in the fall. I wonder how cauliflower would be pickled. I remember a marinated (veggies in an oil and vinegar dressing) I used to make. I look for that recipe to. Oh, I found a can of **Garbanzo beans** and I have an **onion**, these could work well in these also'1

Now to check for things that change flavor, I have 2 kinds of vinegar, white and apple cider (this gives a fruitier flavor) vinegar. Let's look at what I have for spices and herbs we can use in the carrot pickles and the marinated veggies: (look at them and categorize them by: Fresh, Dried, ground herbs and spices

Tools: cutting boards, scrappers, knife (butter or plastic for children cutting cooked veggies), large spoons, clean (freshly washed jars or containers for foods to be kept in) and measuring tools.

Today I will demonstrate 3 or 4 easy recipes for changing color, texture and flavor of a food item to enjoy it in other ways:

Pickled eggs with beets

Beets and horseradish relish

Refrigerator pickles and marinated cauliflower

And, from my garden, Horseradish

After class, I will post recipes for each of the items we make today.