



## MAKE IT SNOW IN A GLASS JAR

When snow isn't in the weather forecast, create your own version inside with this fun science experiment.

- 1. Mix ingredients.** Fill a 16-ounce glass jar about two thirds of the way full with baby oil. In a separate bowl, mix a squirt of acrylic white paint with about  $\frac{1}{4}$  cup of water and pour into the jar. Notice that the water sinks and the oil stays on top.
- 2. Make a storm.** With an adult's permission, break up an antacid tablet, such as Alka Seltzer, into small pieces, and drop two or three into the jar. The white water will bubble up through the oil, creating the look of a "snowstorm" for about 45 seconds. Drop another antacid into the mixture to see it again.
- 3. Know the science.** The snowstorm happened because antacids have sodium bicarbonate and citric acid in them. When those ingredients mixed with the water, they caused bubbles of carbon dioxide to rise up through the oil. When the carbon dioxide was released into the air, the remaining water fell back down through the oil since oil and water don't mix.



**WOW!**  
India produces more than 12 million tons of chickpeas a year, the most of any country in the world.

**WARNING!**  
Ask an adult before using an oven and food processor.

## Bake up falafel dippers

### Ingredients

- 8 ounces dried chickpeas
- $\frac{1}{2}$  yellow onion
- 2 cloves garlic
- 1 cup parsley, plus more for garnish
- $\frac{1}{4}$  cup mint leaves
- 1 tablespoon cumin
- 1 teaspoon coriander
- $1\frac{1}{2}$  teaspoons salt, plus two pinches, divided
- Olive oil
- $\frac{1}{4}$  cup tahini
- $\frac{1}{2}$  lemon, juiced
- 2 to 4 tablespoons warm water

### Instructions

1. Place the dried chickpeas in a bowl or jar of water, and let them soak for 12 hours or overnight.
2. Preheat oven to 375° F. Drain, rinse, and dry the chickpeas. Roughly chop the onion. Place chickpeas in the bowl of a food processor along with the onion, garlic, parsley, and mint.
3. Pulse until the mixture resembles a fine meal. Pour into a large bowl and mix in the cumin, coriander, and salt.
4. Grease a baking sheet with olive oil. Using a tablespoon, form the falafel mixture into small mounds and place onto the baking sheet, taking care to avoid crumbling. Drizzle the tops of the falafel with more olive oil and bake for 15 to 20 minutes or until the bottoms are golden and the balls hold together. Remove from the oven and sprinkle with a pinch of salt.
5. Meanwhile, prepare the tahini sauce. Combine the tahini, lemon juice, and a pinch of salt in a bowl and mix. Add the warm water, 1 tablespoon at a time, until the mixture is smooth. Top with chopped parsley.
6. Serve the falafel with the tahini sauce on the side. Makes 4 servings.



## ECO TIP OF THE WEEK MEND YOUR CLOTHES

If you get a hole in a shirt or a pair of pants, you can try mending the clothing so you can keep wearing it. One way to do this is by sewing on a patch that covers the hole. Ask an adult if you can try it. Using fabric scissors, cut out a piece of fabric that is slightly larger than the hole. Place it over the hole, and secure it with pins. Using a needle and thread, sew stitches to secure the patch. To make a stitch, push the needle up through the clothing and the patch, then push the needle back down through the patch and clothing. Repeat until you've sewn stitches around all the edges. Knot the thread, cut the thread above the knot, and remove the pins. You may like the clothing even more now!

