**After-School Snack in a Jar**

Fill a jar at night. After school the next day, add dressing and shake the jar to mix everything. Enjoy!

**Choose your ingredients:**
- cooked white or brown rice
- carrots cut into matchsticks
- shredded cabbage
- mandarin orange slices
- green onions
- cubed chicken, turkey, or pork
- ginger dressing

Create your own combinations!

**Catapult Construction**

Launch small items like pebbles, cotton balls, and coins. What goes the farthest? Test different designs to see which one works best.

1. Stack 5 craft sticks and wrap rubber bands on each end. Change the size of your catapult by using more or fewer sticks.

2. Stack 2 more sticks together and wrap a rubber band on one end.

3. Separate the sticks at the other end and fit the 5 sticks between them. Secure with a rubber band.

4. Glue a bottle cap onto the end of the top stick. You’re ready for launch!

Be sure to get an adult’s help.

**Catapult Construction Illustration by Thomas S. Child**

**Glue a bottle cap onto the end of the top stick. You’re ready for launch!**

**Create your own combinations!**

**Illustration by Thomas S. Child**