

## 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!

*Be sure to get an adult's help.*



## 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!

