



CANADIAN  
PARENTS  
FOR FRENCH  
SASKATCHEWAN

## *Virtual Fête du soleil* - Episode 13

### Jour de la terre/Earth Day

### Activity Guide

#### Vocabulaire/Vocabulary

1. La terre - The Earth
2. Le recyclage - Recycling
3. Le plastique - Plastic
4. Le jardinage - Gardening
5. Le compost - Compost
6. Les déchets - Garbage
7. Un sac poubelle - A garbage bag
8. Un moulin à vent - A windmill
9. L'énergie solaire - Solar energy
10. Une bicyclette - A bicycle

## Bricolage/Craft

### Un four solaire/A Solar Oven

*Materials:* cardboard pizza box, box knife or scissors, aluminum foil, clear tape, plastic wrap or a large Ziplock bag, newspaper, ruler or wooden spoon, thermometer

Instructions:

1. Use a box knife or sharp scissors to cut a flap in the lid of the pizza box. Cut along three sides, leaving about an inch between the sides of the flap and the edges of the lid. Fold this flap out so that it stands up when the box lid is closed.
2. Cover the inner side of the flap with aluminum foil so that it will reflect rays from the sun. To do this, tightly wrap foil around the flap, then tape it to the back, or outer side of the flap.
3. Use clear plastic wrap to create an airtight window for sunlight to enter into the box. Do this by opening the box and taping a double layer of plastic wrap over the opening you made when you cut the flap in the lid. Leave about an inch of plastic overlap around the sides and tape each side down securely, sealing out air. If you use a plastic bag, cut out a square big enough to cover the opening, and tape one layer over the opening.
4. Line the bottom of the box with black construction paper—black absorbs heat. The black surface is where your food will be set to cook. How much you need will depend on the size of the pizza box you're using to make your solar oven.
5. To insulate your oven so it holds in more heat, roll up sheets of newspaper and place them on the bottom of the box. Tape them down so that they form a border around the cooking area. It may be helpful to also tape the rolls closed first. The newspaper rolls should make it so that the lid can still close, but there is a seal inside of the box, so air cannot escape.
6. The best hours to set up your solar oven are when the sun is high overhead—from 11 am to 3 pm. Take it outside to a sunny spot and adjust the flap until the most sunlight possible is reflecting off the aluminum foil and onto the plastic-covered window. Use a ruler to prop the flap at the right angle. You may want to angle the entire box by using a rolled up towel.

7. You can make toast by buttering a slice of bread then letting the sun do the rest. Cooking a hot dog or making nachos with chips and cheese are also fun treats to make in your solar oven! It would also work great to heat up leftovers. So the paper at the bottom doesn't get dirty, put what you would like to cook on a clear plastic or glass plate. A pie plate would work well. Place the thermometer inside your oven before you close it, so you can check the temperature.

8. To take food out of the oven, open up the lid of the pizza box, and using oven mitts or potholders, lift the glass dish out of the oven.

### Les crayons recycler/Recycled Crayons

*Materials:* 20 to 30 crayons, muffin tin, cooking spray

*Instructions:*

1. Get out your old crayons. Take off the paper (if it is still on). Then break or chop them into smaller pieces about 1/2 - 1 inch pieces.
2. Spray your muffin tin with cooking spray and add some crayons into each spot. The more or less you put depends on what size you want for each chunky crayon. TIP: You can also group the crayons into colors that are fun together, red and blue for purple, pink tones or blue tones.
3. Place the muffin tin full of crayons into a preheated oven of 275 degrees F. I used both mini muffin tins and large muffin tins. Watch them carefully, they will melt fast. Bake them for about 7-8 minutes. When they look melted enough, carefully and slowly remove them from the oven.
4. Just out of the oven, you can stir them with a toothpick for a swirly look, or leave them as is. Then let them cool completely (they can be placed in the freezer to speed up process once the tin is not so hot.)
5. Once cooled, the crayons can be popped out of the muffin tin, tap the back to help this process. Then get the paper out and your ready to color.

## Cuisine/Cooking

### Le maïs soufflé/Popcorn

*Ingredients:* 12 cups popped popcorn,  $\frac{1}{3}$  cup butter,  $\frac{1}{2}$  cup light corn syrup, 1 cup sugar, 1 package Kool-Aid,  $\frac{1}{2}$  tsp baking soda

*Instructions:*

1. Preheat oven to 225 degrees.
2. Place it in a pot over medium-low heat. Add corn syrup and sugar and stir until butter is melted. Bring mixture to a boil. Reduce heat and continue to simmer. Stir continually for 3 minutes.
3. Remove pot from stove and stir in Kool-Aid and baking soda. Add a few drops of food coloring if needed. Mix well and pour over popcorn. Stir until popcorn is evenly coated. Spread popcorn out onto a baking sheet and cook at 225 degrees for 40 minutes. Stir every 10 minutes. Cool completely and then break into pieces.

### Biscuits de la Terre/Earth Cookies

*Ingredients:* 2 boxes of sugar cookie mix, 2 eggs, 1 cup butter, blue food colouring, green food colouring

*Instructions:*

1. Make sugar cookies according to instructions add in green gel coloring to 1 mix and blue gel coloring to the 2nd mix
2. Combine 1 part blue and 1 part green then roll in your hands to form a circle
3. Bake according to the cookie directions.

## Science/Science

### Pâte à modeler/Play Dough

*Materials:* crayons cut into pieces (you need 2.5 crayons for each colour), vegetable oil, flour, salt, cream of tartar, water

*Instructions:*

1. First, chop up 2 and a half crayons of each colour.
2. In a large bowl, mix together the dry ingredients (flour, salt, cream of tartar).
3. Next, heat the oil in a pan. Add the chopped crayons. Stir until the crayons are completely melted. Slowly stir in 2 cups of water while stirring. Certain types of crayons will either make a clumpy and gooey looking liquid. Other types will make a smooth liquid once the water is added. Either way is fine. Just keep stirring.
4. Slowly, stir in the dry ingredients. The dough will pull together in a ball over the heat. Once the dough pulls together, dump it out onto a cutting board or counter. Let the dough cool until you can tolerate kneading. Knead the dough for a few minutes until smooth.

Note: If you have an old pan, use that to melt the crayons down.

### **L'eau filtré/Filting Water**

Materials: 2 2L bottles, scissors or a kinife, paper coffee filter, paper towel, sand, gravel, large rocks, elastic bands

Instructions:

1. Cut both bottles in half.
2. Place the coffee filter around the bottle cap opening of the bottle top and secure it with an elastic band. With the second bottle top, place a piece of paper towel around the bottle cap opening and secure it with an elastic band.
3. Then flip the bottle's top half over and put it in the bottom, so the top looks like a funnel.
3. Add the sand, then the gravel and finally the large rocks
4. Stir your dirty water and pour it through the filter that you created.

## Jeux/Games

### Pop au ciel/Pop Can Tower

*Equipment:* empty pop cans

*Instructions:*

Who can create the tallest tower of pop cans.

### Frapper les cannettes/Hit the Pop Cans

*Equipment:* empty pop cans, elastic bands

*Instructions:*

Stack the empty pop cans in row of two on a table. Using elastic bands, slingshot them towards the empty pop cans to try and knock them over. The person with the fastest time to knock all their pop cans over is the winner.

### Souffler les cannettes/ Blow the Pop Cans Over

*Equipment:* empty pop cans, balloons

*Instructions:*

Place an equal number of pop cans for each participant near the end of a table. Using the balloon, blow it up and use the air in the balloon to move the pop cans off the table.

### Tirer l'eau dans la bouche/Shooting Water into the Mouth

*Equipment:* waterguns, plastic cups

*Instructions:*

In teams of two, one person will shoot the water gun and try to squirt as much water into the mouth of their partner. Use a plastic cup to catch the water that is being caught in the mouth.

## Géocaching/Geocaching

*Equipment:* cell phone with Geocaching app installed

*Instructions:*

Try to find geocaches (containers) that have been hidden using the Geocaching app.

## Ramasser les déchets/Picking Garbage

*Equipment:* garbage bags, plastic gloves

*Instructions:*

Pick up garbage that is out in nature.

## Exercice/Exercise

### Yoga/Yoga

*Instructions:*

Hold the following poses for 30 seconds each.

- Étoile/Star
- Moulin à vent/Windmill
- Arbre/Tree
- Montagne/Mountain
- Papillon/Butterfly
- Bateau/Boat
- Bicyclette/Bicycle
- Arc-en-ciel/Rainbow
- Lampe/Lamp
- Marcher/Walking