The Weekly Wrap

This Week...

Mozzarella Sticks

Be sure to post the amazing dishes you and your family make on social media using #NKHNC #GetCooking
Bon Appetit!

Directions

1. Preheat oven to 400°F.
2. Coat a baking sheet with nonstick cooking spray.
3. Cut mozzarella chunk in half. Then, cut each half into about 6 sticks. While you prepare remaining ingredients, freeze mozzarella sticks at least 20 minutes.
4. In a small bowl, whisk eggs with a fork until well blended.
5. In a second small bowl, mix breadcrumbs with ½ teaspoon dried oregano, ½ teaspoon dried basil, and ½ teaspoon dried parsley.
6. Dip each frozen mozzarella stick into beaten egg mixture, then into seasoned breadcrumbs. Repeat once more until each stick is coated well.
7. Place breaded mozzarella sticks on baking sheet. Spray them lightly with non-stick cooking spray. Bake until lightly browned, about 5–8 minutes.
8. In a small skillet, add tomato sauce and remaining ¼ teaspoon dried oregano, ¼ teaspoon dried basil, and ¼ teaspoon dried parsley. Stir to combine. Warm over low heat while mozzarella sticks are baking.
9. Serve mozzarella sticks with warmed tomato sauce.

Ingredinets List

- Non-stick cooking spray
- 1 (8-ounce) chunk part-skim mozzarella cheese
- 3 large eggs
- 1 cup plain breadcrumbs
- ¾ teaspoon dried oregano, divided
- ¾ teaspoon dried basil, divided
- ¾ teaspoon dried parsley, divided
- 1 (8-ounce) can tomato sauce, no salt added

What's on TV?

Sci Girls

SciGirls is a show for kids ages 8-12, showcasing bright, curious, real tween girls putting science, technology, engineering and math (STEM) to work in their everyday lives.

For a complete schedule of UNC TV at home learning programs, go here!

Created By: Tionna Ryan
MOVE YOUR BODY

Last week, we’re learned that we’re a star by doing Star Jumps! Our exercise for this week is CRAB WALKS. Try doing ten reps of star jumps then transition into crab walks to test your endurance!

Sit with your knees bent and feet flat on the ground; place palms on the ground behind you. Lift hips a few inches and walk forward on your hands and feet like a crab, then walk backward.

T.O.Y. (Teaching on Your) Time

T.O.Y time provides exciting and engaging lessons for students of all ages focuses on topics such as music to poetry Tune In to learn a new fact or skill! Be sure to check out this week’s featured videos below!

Using Glitter to Teach Your Kids How to Wash their Hands

Young children are often reluctant to wash their hands. Here is a concrete way to teach them about germs and the importance of washing hands.

Materials: Craft Glitter

Instructions:
1. Sprinkle a bit of glitter onto your child’s hands. Explain that these glitter specks are like germs, which can make them sick. The germs are very small and they stick to you and get passed along.
2. Have your child touch different surfaces and shake hands with other people. Show him how the germs (glitter) spread.
3. Have your child wash his hands and see how the germs are washed away.

Did you know the first French Fries weren’t actually cooked in France? They were made in Greece.

Resource Hub

Video chatting has taken the world by storm! A big benefit is that young children come to recognize and build relationships with the people they see on video chat, a huge bonus for distant grandparents. Check here for info on how to make the most of video chats with your kiddos!

Find Free, Healthy Meals for Kids During COVID-19 School Closures in NC

Text FOODNC to 877-877 to find pick up and drive-thru locations near you.

Use the Map at NoKidHungryNC.org to find pick up and drive-thru locations near you.

Find information on delivery meals by visiting NoKidHungryNC.org/MealUpdates

Check with your local school district for the latest updates on its website or social media.