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

**Cooking Challenge**

**Directions**

1. Rinse and chop broccoli.
2. Grate cheddar or Monterey Jack cheese.
3. In a microwave-safe bowl, add broccoli and just enough water to cover halfway. Heat in microwave until bright green and tender, about 6-8 minutes.
4. Cook pasta following package directions. Drain in a colander and set aside. While pasta is cooking, make cheese sauce.
5. In a small pot over medium heat, heat milk. When hot, remove from heat. Cover to keep warm.
6. In a large pot over medium heat, melt butter. Add flour. Whisk with a fork, stirring constantly.
7. Slowly add the warm milk. Stir constantly with a rubber spatula, until sauce thickens. Sauce should be thick enough to coat the back of a spoon.
8. Stir in salt and black pepper. Add cream cheese, grated cheese, and broccoli. Stir until grated cheese is melted. Remove from heat.
9. Add macaroni to cheese sauce. Stir to coat.

**Ingredient List**

- 1 small head broccoli
- 5 ounces cheddar or Monterey Jack cheese
- 1 (16-ounce) package whole wheat macaroni
- 1½ cups nonfat milk
- 1½ Tablespoons unsalted butter
- 2 Tablespoons all-purpose flour
- ½ teaspoon salt
- ½ teaspoon ground black pepper
- 4 Tablespoons light cream cheese

**What’s on TV?**

**BLACK AMERICA SINCE MLK: STILL I RISE**

Henry Louis Gates, Jr. embarks on a deeply personal journey through the last fifty years of African American history, joined by leading scholars, celebrities, and a dynamic cast of people who shaped these years.

For a complete schedule of UNC TV at home learning programs, go [here](#).
**MOVE YOUR BODY**
For this week’s exercise, we’re going to be playing **ballon volleyball**! Best played inside and very low prep, all you really need is a balloon. The object is simple - keep the balloon off the ground for as long as possible. If you need to really get your kids moving make it more challenging - no hands allowed!

**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 the solar system to film making. Tune In to learn a new fact or skill! Be sure to check out this week’s featured videos below!

**Quote of the Week**
you’re **BRAVER** than you believe, **STRONGER** than you seem, and **SMARTER** than you think

**Parenting Mindfully**
**When Life Spirals out of Control**
Challenging situations like losing a job, family health issues, or coronavirus can leave you feeling vulnerable and unprepared. The good news is that when you apply a mindfulness lens you can learn to take charge of what’s meaningful and necessary without needing to control things that are not in your grasp.

Here are four simple tips to mindfully take charge when life seems out of control.
1. **Dedicated Time for Connection vs. Independence**
2. **Learn Together, Naturally**
3. **Notice**” When Your Kids are Independent, Responsible, and Cooperative
4. **Reassure Them**

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**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.