THE WEEKLY WRAP

THIS WEEK...
Chocolate Strawberry French Toast

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

Directions
2. In a small bowl, whisk cocoa powder and sugar together with a fork. Set aside.
3. In a second small bowl, beat egg with a fork until well blended.
4. Add milk and cinnamon to egg. Beat about 1 minute more.
6. Dip one piece of bread in egg mixture. Flip to coat both sides. Remove from egg mixture, shaking off any excess egg coating. Place quickly in hot skillet. Cook until golden brown, about 2–3 minutes per side. Remove from pan.
7. Repeat steps 5 and 6 until each piece of bread has been cooked.
8. Top each piece of bread with 3 Tablespoons sliced strawberries. Dust generously with cocoa mixture.

Ingredient List
- 8 medium strawberries
- 3 Tablespoons unsweetened cocoa powder
- 2 Tablespoons sugar
- 1 large egg
- ½ cup low-fat milk
- 1 teaspoon ground cinnamon
- Non-stick cooking spray
- 4 slices whole wheat bread

WHAT’S ON TV?
GENIUS BY STEPHEN HAWKING
Professor Stephen Hawking reveals our true potential in a radical new science show which challenges a selection of volunteers and the viewer to think like the greatest geniuses of the past and answer some of humanity’s toughest and most enduring questions.
For a complete schedule of UNC TV at home learning programs, go here!”

Created By: Tionna Ryan
**MOVE YOUR BODY**

*Hop scotch* is fun an easy game that gets the body! All you need is a piece of chalk and a small stone. Get your heart rate up while also reinforcing coordination and number skills. Lots of siblings, great! Only child? No problem, this is a great game for several players or alone. See how far you can make it before losing your balance! This is the ultimate test in coordination and focus.

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**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!

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**Quote of the Week**

“The more that you READ, the more things you will know. The more that you LEARN, the more places you’ll go.”

-Dr. Suess

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**Preschool Learning at Home: Science**

Young children are natural scientists. They are curious, have lots of questions, and want to investigate everything around them. Encourage your young scientist to explore, and share in their discoveries.

- Teaching Plants and Animals
  - Go on a nature walk with your child to see what plants and animals you can find. Look for evidence of animals like nests or tracks. Bring binoculars or a magnifying glass so you can get a close-up look.

- Teaching Sound
  - Words like loud and soft can be used to describe sounds. Ask your child to think of other words to describe what they are hearing. Maybe crashing or tinkling or “sounds like the rain.”

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**Resource Hub**

BookFlix by Scholastic

BookFlix is organized into nine themes that focus on developmentally appropriate concepts and topics. Let your children keep watching and learning with Watch & Learn Library with hundreds of real-world videos in English and Spanish. Free access will remain open through the end of the school year. For more info visit here!

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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.

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**Literacy Lesson** *(Pre K–3)*

**What is Lichen?** *(4–8)*

**Stop Motion Films** *(8–12)*