

Kids Korner

We're Cookin' Now!

Do you ever help out in the kitchen? No matter how much time you spend in the kitchen, it's important that you follow safety guidelines and have adult supervision



Before you begin

- 1 Ask permission to cook or bake and to use the kitchen tools
- 2 Put an apron over good clothes or wear old clothes. Be sure your clothing is not too loose so it doesn't drag through flames or the food. Roll up your sleeves. If your hair is long, tie it back.
- 3 Read the recipe through. Before you start, get together the ingredients, equipment and supplies you need for the recipe.
- 4 Wash your hands thoroughly.

Cooking safely

- 1 Wash your hands thoroughly after handling any raw meat. Use separate knives and cutting boards for raw meat.
- 2 Set hot pans and dishes on heat proof surfaces only. Turn handles of pots and pans to the inside of the stove so they don't stick out.
- 3 Always use a pot holder, even when cooking in the microwave, to make sure you don't get burned.
- 4 Keep towels and pot holders away from open flames and hot burners.
- 5 Make sure an adult is present when you use sharp knives, electric appliances, the stove or the oven.
- 6 Clean up as you go. It will make cooking safer and it will be easier to clean up when you're done.
- 7 Don't let food stand at room temperature more than 1 1/2 hours.
- 8 Cover your mouth and nose when you sneeze or cough, then wash your hands before eating or cooking.
- 9 Wash fresh fruits and vegetables thoroughly with cool water before eating.
- 10 Stay away from foods that look or smell stale or moldy.
- 11 When using a microwave, follow the package directions to make sure the food is cooked correctly. Let it sit for a few minutes when it comes out of the microwave so it's not too hot to eat.

SEEK AND FIND

FIND THESE WORDS IN THE PUZZLE BELOW.

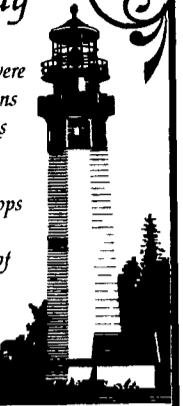
BAIT	LURE	ROD
BOBBER	NET	SINKER
FISH	POLE	TACKLE BOX
HOOK	REEL	WORM

THE WORDS READ UP, DOWN AND ACROSS.

N	E	T	Z	A	S	E	R	H	G
R	T	A	U	I	T	O	P	B	M
Y	U	C	Q	F	I	S	H	A	S
M	L	K	F	J	A	I	B	C	X
P	O	L	E	R	B	N	F	G	J
F	W	E	H	O	O	K	S	A	K
G	H	B	J	D	R	E	E	L	K
O	B	O	B	B	E	R	P	U	L
I	U	X	Y	T	R	W	O	R	M
O	D	N	R	E	S	A	Q	E	E

Lighting The Way

Lighthouses are fascinating structures that were designed to give ships a reference for their locations. They often indicate that there are dangerous rocks in the area, too.



During ancient times, people lit fires on hilltops to warn ships of those rocks. Later, masonry or steel-frame towers were built that were capable of withstanding severe storms and were equipped with optical and sound signaling systems.

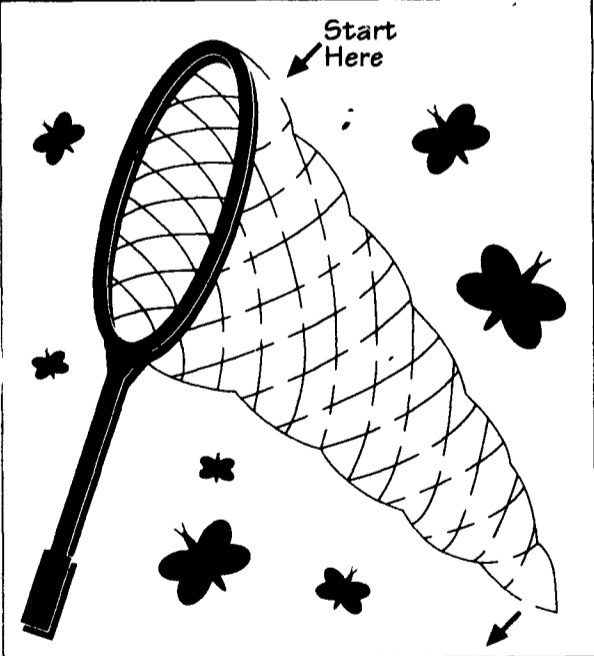
The first lighthouse, Pharos of Alexandria, is one of the Seven Wonders of the World. It was built in 280 B.C., was about 350 feet high and had a wood fire at the top. The first lighthouse built in the United States was the Boston Light, constructed in 1716.

With the advancements in construction and equipment, the first towers completely exposed to the sea were built in the 18th century. Then came improvements over the old wood, coal and oil ways to light the towers. In 1782, the Swiss scientist Aime Argand invented the Argand lamp. It was an oil lamp with a circular wick, which was protected by a glass chimney. For more than a century, Argand lamps were used for lighthouses.

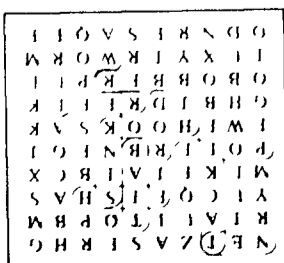
In the 1920s, the incandescent lamp was developed, and it is standard in lighthouses today. During the early 1900s, reflectors and refractors were developed so the light could be seen as one powerful beam. Then that beam was rotated so it could be seen from any direction.



MAZE

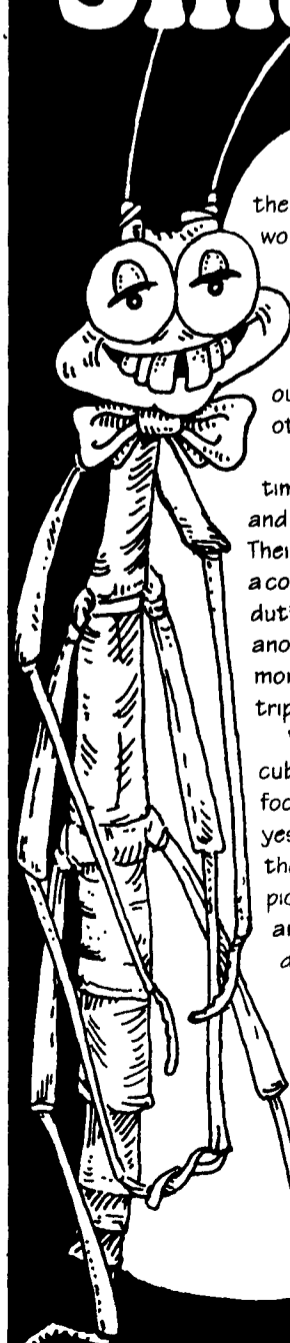


Answers



Smart Stuff

WITH TWIG WALKINGSTICK



How do raccoons learn to hunt?

Young raccoons learn just about everything from their mom. They depend on her. In fact, without her they wouldn't live past the first few weeks — raccoons are born blind and completely helpless.

Baby raccoons, called cubs, only weigh about 2 ounces when they are born in the spring. A litter of two to six cubs crowd together in a tiny den their mother picked out. Ideally, it's in a hollowed-out nest high up in trees, so other animals can't hurt her cubs.

At first, the cubs eat just their mother's milk. By the time the cubs are two weeks old, the distinctive black mask and tail rings of adult raccoons begin to appear on their fur. Their eyes open when they are about three weeks old. Within a couple of months, the cubs outgrow their tree nest, so their dutiful mom carries them, one by one, in her mouth to another nest on the ground. By the time the cubs are four months old, they are strong enough to go on short hunting trips with their mother.

While all this is happening, Mom Raccoon is teaching the cubs to climb trees, hide from predators and search for food such as berries, plants, corn, eggs, fish and mice. (And yes, if they are in a city, Mom Raccoon probably teaches them how to knock over garbage cans, too. Raccoons aren't picky eaters.) Pretty soon, the whole family is exploring and feeding during the night, and hiding out during the day.

By September or October most of the cubs are off on their own — practicing what their mother taught them!

Scientifically yours,

Twig

