

5. Make some quick, easy, individual pizzas: Split and toast an English muffin. Spread some bottled pizza sauce on each muffin half. Top with some grated cheese. Place the muffins in the microwave and cook until the cheese melts, about 30 seconds—if the cheese starts bubbling, stop the microwave and remove. Allow the muffins to cool a bit before eating. Serves 2.

6. Do a survey to see if “What’s Your Pizza Personality?” on page 148 holds true. **Make a questionnaire that asks volunteers to check off their favorite kind of pizza** and the personality phrase that best describes them. Tally your results into a data table. Do the pizza preferences and personal characteristics match those of the people who completed your survey?

7. The largest-ever rectangular pizza measured 129 feet by 98 feet and supported 4,000 pounds of cheese. If you ate a slice of that pizza that was 6 inches square, how much cheese would you get?

(Answer: 0.08 pound, or about 1.3 ounces.)

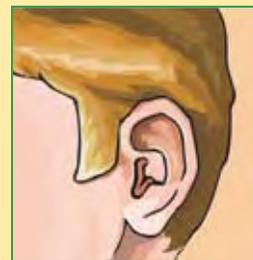
8. Find or draw pictures of the different kinds of insects mentioned in “Honey, Eat Your Ants!” on pages 150–151. On a large map of the world, pin the pictures to the countries where the insects are favorite foods.



9. Make a squiggly caterpillar to play with. Ask an adult to cut out separate “cup” sections from an egg carton. Turn the “cups” so that they are open side down. String them together with tape. Make one end the head and glue on toothpicks for antennae. Color your caterpillar with paint or markers.

HEALTH

1. Create a sightseeing guide for visitors taking a tour of the outer, middle, and inner ear. Imagine that travelers can actually walk through the ear. Show them—in words and pictures—how the ear is constructed and how it works.



2. Try this hearing exercise. Outside, have a blindfolded volunteer stand at a spot where you’ve tied a string to a tent stake in the ground. Tie a jingle bell to your finger and start backing away while you hold the free end of the string. Ask the listener to raise a hand whenever the bell is heard. When you get so far away that the listener can no longer hear the bell, make a mark on the string. Later, with a yardstick or meter stick, you can measure the string to see how far away you were. Now repeat the same experiment, but this time hold a large sheet of cardboard in front of your finger when you ring the bell, so that it forms a barrier between you and the listener. Mark and measure the string when your listener can no longer hear the bell, as you did before. Average your results over 10 to 20 volunteers, make data tables and graphs, and you’ll end up with a super science fair project. This is only one of the dozens of project ideas you’ll find in *CliffsNotes: Parent’s Crash Course: Elementary School Science Fair Projects* by Faith Hickman Brynie (Wiley, 2005).

3. Learn some signs in American Sign Language.

Practice with your friends until you get good at it.



4. Health remedies aren't the only lotions, potions, and ointments that you can make from grocery store items. You can make beauty products, too. **Try these looking-good tips** from *Body Drama* author Nancy Redd:

- **If you have dry skin, try putting beaten egg yolk on your face. Leave on until it dries. Rinse off with warm water.**
- **Put cucumber slices over your eyes and relax for 15 minutes to reduce puffiness.**
- **Lighten skin discolorations with lemon juice. Rub a little on the area and leave for 5 minutes. Wash off well. Warning: Never go outdoors in the sunlight with lemon juice on your skin. You could get blisters.**
- **Wash your face with oatmeal or cornmeal mixed with water instead of with soap. The roughness of the meal washes away dead skin cells and softens skin.**
- **Spread honey over your face and leave for 10 minutes. Wash away with warm water. The honey tightens pores as well as expensive facial masks do.**

5. Write and perform with a friend a one-act play that tells the story of Dr. William Beaumont and his patient, Alexis St. Martin. (See pages 158–159.)

6. In *The Physiology of Taste* (1825), Jean-Anthelme Brillat-Savarin wrote, “Tell me what you eat, and I will tell you what you are.” **Collect old sayings, maxims, and aphorisms about food** and write them on index cards. Post one on your refrigerator each day as “Today’s Food for Thought.”

7. Play anagrams. See how many other words you can make using some or all of the letters in the word *follicle*. With friends, make a list of words related to health and conduct anagram challenges.

8. If you can get a strand of hair that is 12 inches long, you can **build a hair hygrometer** to measure changes in the humidity of the air. Learn how at www.exploratorium.edu/exploring/hair/hair_activity.html.

9. **On a cool, dry day, blow up a balloon.** Rub it on your sweater, then hold it close to your hair. What happens? Try to explain the reason.

