

4-H is an opportunity to try new activities and learn new skills. If you're looking for an idea and want to try something new, check out the projects below. 4-H Friday will be created weekly with a variety of projects and skill levels highlighted each week. Please remember the social distancing guidelines while doing these projects. If you would like to take a picture of you or your family doing one of these 4-H projects, feel free to email it to me at penny.tank@wisc.edu, with the subject line: 4-H Friday Photo and each family will be entered into a drawing at a later date for some special gifts! I may even ask for your permission to post a few on Facebook or our website/newsletter. We have some supplies at the Extension Office that could possibly be mailed to your home if needed. Email Penny to discuss. *Penny Tank, 4-H Program Educator*

Walking Water Experiment

Learn about capillary action with this fun science experiment using water and food coloring!



UW-MADISON EXTENSION

Supplies:

- ✓ 7 clear cups or containers
- ✓ Water for 4 of the containers
- ✓ Red, yellow, and blue food coloring
- ✓ Paper towels

Source: Oklahoma 4-H Virtual Clovers

<https://www.youtube.com/watch?v=uUOgihL5exI&feature=youtu.be>

Your feedback needed!

Please take a few minutes to answer some questions related to the 4-H Friday publications. Your input will help determine the impact of this weekly newsletter and the future of 4-H Fridays. Thank you in advance for your time and input! Survey link below:

<https://docs.google.com/forms/d/e/1FAIpQLSe8TcccazAjl6MDks2iJ1q-WVzEwP9qiYRGACrKwRTlZb2nAw/viewform?vc=0&c=0&w=1>

Directions:

1. Watch the video linked above for more specific directions.
2. Place the 7 cups in a straight row.
3. Put the same amount of water in cups 1, 3, 5, and 7. Leave cups 2, 4, and 6 empty.
4. Put 5-10 drops of red food coloring in cups 1 and 7.
5. Put the same amount of yellow food coloring in cup 3.
6. Put the same amount of blue food coloring in cup 5.
7. Take a paper towel and fold in half and then in half again (the long way). Test the length of the paper towel – it should touch the bottom of one cup, fold over, and touch the bottom of the cup next to it. If needed, cut off a little towel. Place one end in cup 1, bend in half, and put the other end of paper towel in cup 2. Be sure the paper towels are touching the bottom of each cup. Continue to create a “chain” between all cups.
8. Can you predict what will happen? Let this sit for at least a ½ hour and observe what is happening. Can you explain what happened?



National Water Balloon Day

National Water Balloon Day is the first Friday in August. This was just recognized in 2019 and started in the Town of Newmarket, New Hampshire.

Even though it is the first year National Water Balloon Day is being recognized, what better reason to have a little fun with water balloons?

Besides keeping cool, playing with water balloons is also a great way to get some exercise too.

- Try a water balloon toss with your family.
- Make up a relay race carrying water balloons from one point to another without popping them.
- Play hot potato with a water balloon and whoever is holding the balloon when the music ends needs to pop it on their head.
- What other challenge could you create?
- Don't forget a challenge for picking up the most balloon pieces after any water balloon game!



Reflect:

- What ideas would you have for National Days if you could create one?

Extension Waupaca County
<https://waupaca.extension.wisc.edu/>
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Grandma's Apple Cake

Ingredients:

- ❖ 4 cups apples, peeled and diced
- ❖ 2 cups sugar
- ❖ ½ cup vegetable oil
- ❖ 2 eggs, beaten
- ❖ 2 cups flour
- ❖ 2 teaspoons baking soda
- ❖ 2 teaspoons cinnamon
- ❖ ½ teaspoon salt
- ❖ 2 teaspoons vanilla
- ❖ 1 cup nuts, chopped
- ❖ Whipped topping, if desired



Method:

1. Place peeled and diced apples in large mixing bowl and pour sugar over apples. Stir and let mixture stand 30 minutes
2. Preheat oven to 350 degrees F. Lightly coat 9" x 13" baking pan with nonstick cooking spray.
3. Add oil and eggs to apples and mix until well combined.
4. In small mixing bowl, mix flour, baking soda, cinnamon, and salt.
5. Add dry ingredients to apple mixture and mix just until dry ingredients are combined. Add vanilla and nuts; stir.
6. Pour batter into prepared pan. Bake for 30-40 minutes, until a toothpick or metal cake tester inserted in the center of the cake comes out clean. Place baking pan on cooling rack.
7. Serve cake with whipped topping if desired.
8. Yield: 16 servings, 254 calories per serving.

Source: University of Illinois Extension, 4-H Cooking 301

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