

Hands-On History Fun!

Create-A-Craft:

Create three dimensional objects with homemade modeling dough

Michelangelo was one of the greatest artists of the Renaissance. He painted the ceiling of the Sistine Chapel in Rome—while lying on his back! However, Michelangelo is best remembered for his amazing sculptures. For inspiration, see if you can find pictures of some of his sculptures, especially the *Pieta*.

You will need: 1 cup salt; ½ cup cornstarch; ⅔ cup water; Various colors of food coloring

Mix the salt, cornstarch and water, and cook over low heat, stirring constantly until the mixture thickens. Remove from heat and allow to cool. Divide the dough into two or three portions and knead in your choice of food colorings. Now, begin creating your sculpture! You may wish to make an animal, a rock, trees, or other objects from nature. Let your creation air-dry and then show it to your friends and family!

Fun Food to Fix:

Italian Ice

Italy was the land where the Renaissance began. Excellent scholars from the Byzantine Empire fled to Italy when Constantinople was taken by the Muslims in 1453. Their knowledge of Greek and Roman literature, philosophy, history, science, etc., was fascinating to the people of Europe. This is what ignited the "Renaissance." Renaissance means "rebirth," and this was a rebirth of ancient knowledge.

You will need: 2 cups water; 1 cup sugar; 1 cup fruit juice (lemon, orange, pineapple, etc.)

CAUTION: ADULT SUPERVISION REQUIRED. On top of the stove, bring the water and sugar to a boil over medium heat, stirring constantly until the sugar dissolves. Set a timer for five minutes once the mixture begins to boil. At the end of five minutes, remove the sugar-water from the stove. Cool. Stir in the fruit juice, then pour into a shallow plastic bowl. Place the bowl in the freezer. Freeze the mixture for about four hours, stirring occasionally. Serve while very cold and thick. Yummy!