



# EARTH WEEK ACTIVITY PACKET

TIPS. KID-FRIENDLY ACTIVITIES. RECIPES.

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# Fast and easy energy saving tips

1

Turn off lights  
when you leave  
the room



Unplug chargers  
after charging

2



Always cook  
with a lid

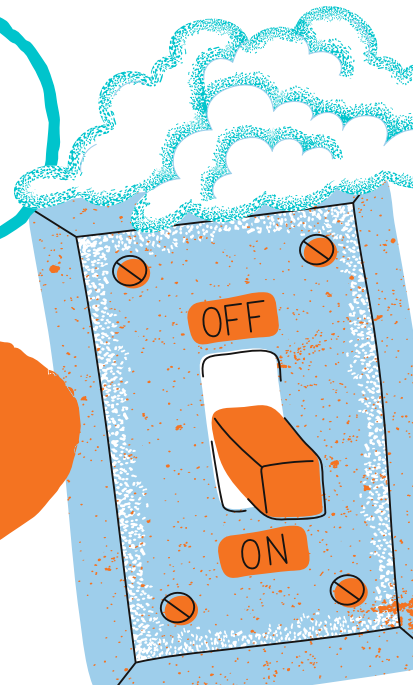
3

Switch off  
appliances  
in stand-by mode

4

5

Air dry laundry



# EARTH WEEK WORD SEARCH

E L C O N S E R V E H  
 Y C W S R S A E E P T  
 E Q O E O N U C R L W  
 L A U L I I U Y E A O  
 Y S R M O D L C T N R  
 E F A T E G L L A T G  
 M L E R H W Y E W U V  
 T N E M N O R I V N E

ANIMAL  
 CONSERVE  
 EARTH  
 ECOLOGY  
 ENVIRONMENT  
 GROWTH



PLANT  
 RECYCLE  
 REDUCE  
 REUSE  
 SOIL  
 WATER

# FROM TRASH TO TREASURE

## RECYCLED MOSAIC

A mosaic is a picture or pattern made by assembling many small individual pieces into one large design. Traditionally, mosaics were made by setting tiles of glass, pieces of pottery or stones into plaster or cement. Because this is a recycled mosaic project, we'll make a mosaic out of old magazines or other materials such as brightly colored lolly wrappers or shopping catalogs that were destined for the recycling or garbage bin.

### MATERIALS

♻️ Old magazines, catalogs, expired calendars, paper and cardboard scraps, fabric scraps, foil, lollipop wrappers, etc.

♻️ A piece of cardboard that you can cut a 20-30 cm in diameter circle out of. TIP: A cereal box is a great option!

♻️ Glue and scissors



### INSTRUCTIONS

1 Use a plate or large compass to draw a circle. Make the circle as big or small as you want your mosaic to be. Cut out your circle.

2 Once you've decided on the design of your mosaic, use a pencil to draw the outline of your picture onto the cardboard circle.

3 Cut small squares or triangles out of your magazines or other materials. Collecting the pieces into piles of different colors, e.g. blues, reds, greens etc can help keep you organized.

4 Assemble the colored pieces into the design you drew. Don't be afraid to play around with the arrangement of colors and shapes. You can be as neat or inventive as you like. Once you're happy with the look, glue the pieces into position.



# Take the Challenge

Here are some examples:

1

Start a fresh garden or show us your established veggie garden.



2

For delicious plant based dish ideas, follow Plant Based Canes and UM Dining on social media: @plantbasedcanes @umdining



to be entered.

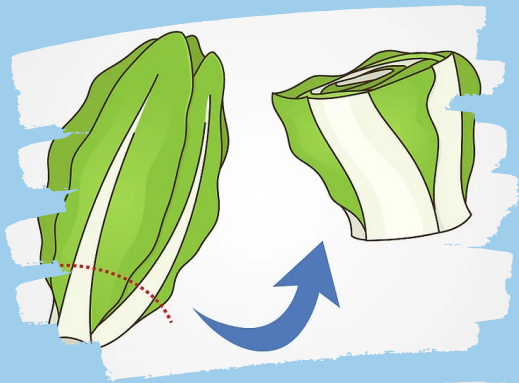
3

Make your own reusable bag.



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# HOW TO GROW LETTUCE FROM AN OLD LETTUCE STALK



**STEP  
01**

**Cut off the end of the lettuce stalk.**

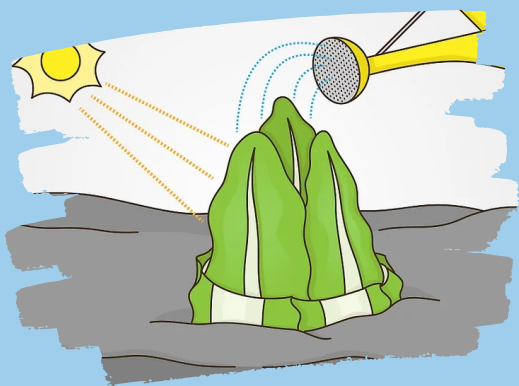
Cut down the stalk to about 1-2 inches. Make sure not to cut it too short.



**STEP  
02**

**Place the stalk in a small container of water.**

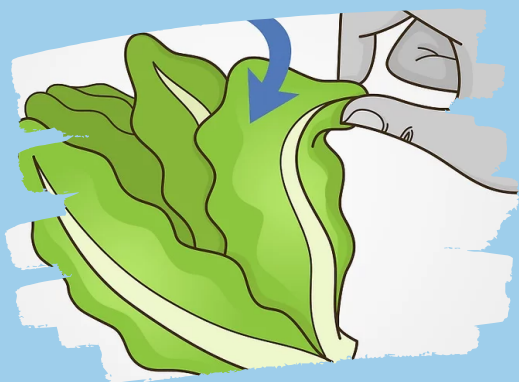
Ensure that the water level will cover the roots. Use approximately 1/2 inch of water, place it near a window, and replace water daily.



**STEP  
03**

**After one week, plant your lettuce in potting soil**

After about one week, or when the leaves have reached about 3 inches above the cut stem, it should be ready for planting. Make sure the soil covers the roots but not the old leaves.



**STEP  
04**

**Harvest the leaves**

Begin collecting leaves once they are big enough to make a small salad. Pluck or cut off the leaves and compost the stem. The average harvesting height is 8 inches.



# CHICKPEA BURGERS

*Adapted from The Cookbook for People Who Love Animals*

*Makes 2 dozen patties*

## INGREDIENTS

- 2 cups chickpeas
- 6 cups water
- 2 tbsp oil
- 2 garlic cloves, diced
- 2 large onions, diced
- 2 carrots, diced
- 3 stalks celery, diced
- 3 green peppers, diced
- 6 tbsp tamari
- ½ tsp salt
- ½ tsp basil
- ¼ tsp garlic powder
- ½ cup tahini
- ¼ tsp paprika
- ¼ tsp oregano
- ¼ tsp cumin

## PROCEDURE

- 01** In a large skillet, heat the oil over medium heat; add the garlic, onions, carrots, celery, and peppers; sauté for 7 minutes, until tender. Season with 3 tbsp tamari, salt, basil, and garlic powder.
- 02** Drain the chickpeas and mash well. Combine with the sautéed vegetables in a large bowl. Add the tahini and remaining seasonings.
- 03** The mixture should be mushy but light. If too thin, add some bran or whole wheat flour. If too thick, add some stock. Mix well.
- 04** Preheat the oven to 350 °F. Oil a cooking sheet. Form the mixture into patties and place on a sheet. Bake for 8-10 minutes, until golden brown on top; turn over and brown the other side.



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# PAPAYA SHAKE

*Adapted from Florida Fruit and Vegetable Recipes*

## INGREDIENTS

- 2 cups mashed ripe papaya pulp
- $\frac{1}{4}$  cup lime juice
- $\frac{2}{3}$  cup sugar
- 1  $\frac{1}{2}$  cups coconut milk
- 1  $\frac{1}{2}$  cups water
- 1 tsp nutmeg

## PREPARATION

- 01** Combine mashed fruit, sugar, lime juice, cup sugar, cups coconut milk, water, and nutmeg and chill.
- 02** Optional: just before serving, shake with cracked ice in a glass jar with a tight-fitting lid.



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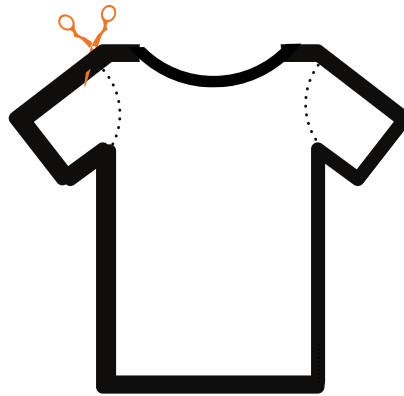


# HOW TO MAKE A NO SEW T-SHIRT TOTE BAG



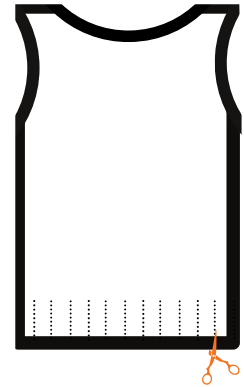
## STEP 1

Cut the collar of the t-shirt



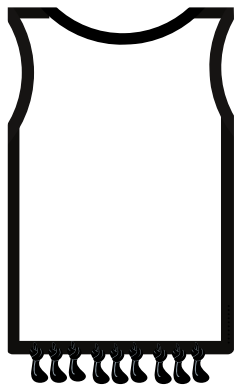
## STEP 2

Cut the sleeves off a t-shirt



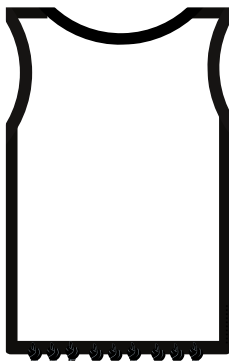
## STEP 3

Determine how deep you want your bag to be and cut fringes of equal length about 3/4 to 1 inch apart



## STEP 4

Turn the t-shirt inside out and tie the fringes across each side of the shirt. With those complete, then tie off the fringes pairs next to one another so there is no space or hole between them. This will form the bottom of the bag.



## STEP 5

Turn the t-shirt right side out and you will have your finished product.



## VIDEO TUTORIAL

Scan this QR code for a video tutorial.