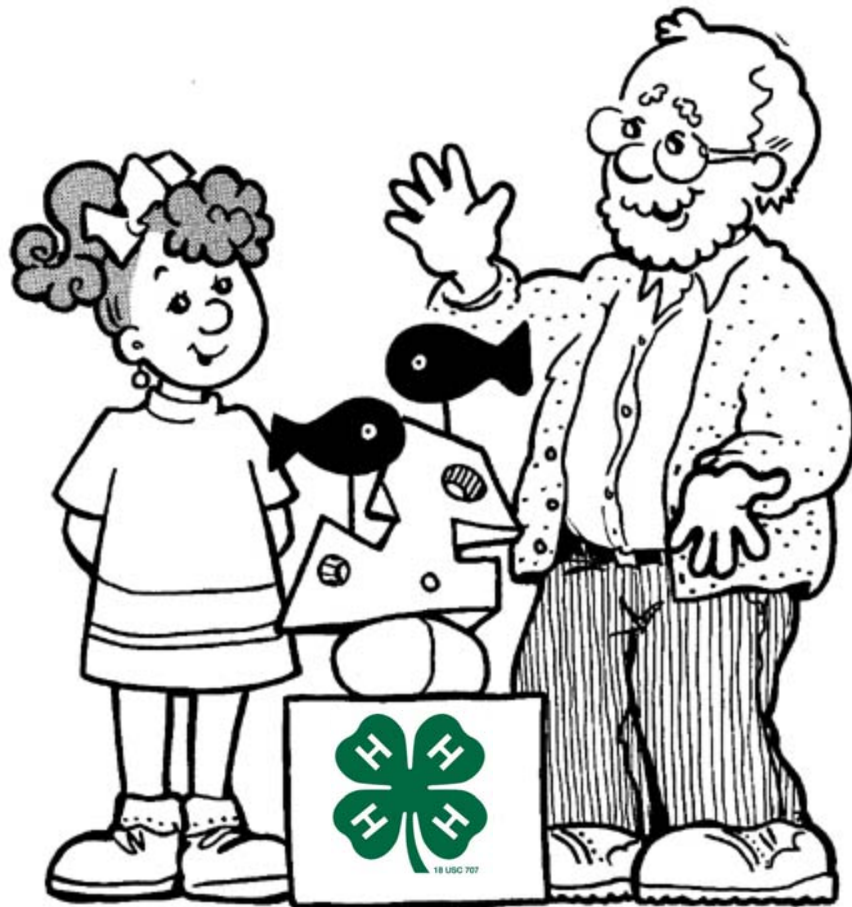


Oceans

4-H Family Back Packs #6



University of California
Cooperative Extension



Edible Sea Creatures

OCEANS

Educational Note: A visit to a local fish market can help your children discover how the sea provides us with a large variety of food

Supplies needed:

- Canned tuna, shrimp, crab or sardines
- Can of cream of potato or cream of celery soup
- Fish crackers
- Bowls and spoons



Directions:

1. You can also use canned shrimp tuna, crab, and sardines for tasting experiences.
2. Make a simple clam chowder by adding canned clams to a mixture of cream of potato and cream of celery soup.
1. Fish-shaped crackers are fun to eat with the soup.

Bread Dough

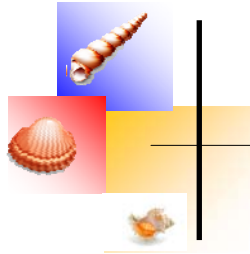
Supplies needed:

- | | |
|--------------------------|--------------|
| • Almonds, cherry halves | Wax paper |
| • 1 package dry yeast | Oil |
| • 1 teaspoon sugar | Cookie sheet |
| • 1 cup of warm water | Butter Spray |
| • 3 1/2 cups of flour | Almonds |

Directions:

1. Dissolve yeast and sugar in warm water.
2. Add one cup flour slowly and beat until smooth.
3. Slowly add this mixture to the remaining 2 1/2 cups flour.
4. When all flour has been blended pass out divide dough pieces and knead. Place on floured sheets of wax paper.
5. Using your hands put all dough back together again; knead until smooth, place in large oiled bowl and cover with a cloth. Put bowl in a warm place and let the dough rise until double in size about 1 1/2.
6. Once this is completed pull dough apart into several pieces and let youth make their sea creature.





Edible Sea Creatures

OCEANS



8. Place the finished creatures well part on grease cookie sheets. (Note, you can use butter or cooking spray for less calories. Brush on egg that has been beaten with a tablespoon of water before baking.
9. Sliced almonds make wonderful scales and cherry halves can be used for "fish eyes." It is important that youth keep their dough creatures simple. The yeast in the bread dough will expand the bread and can destroy fine detail work.
10. Bake at 475 degrees.
11. Baking time will vary according to how big and how thick the sea creatures is. Start checking at 10 minutes.
12. Take out of oven, cool on cookie rack.
13. Eat and enjoy!

Seashell Pasta

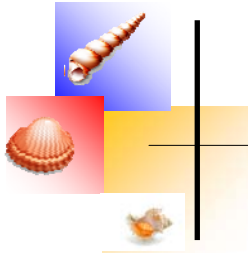
Supplies Needed:

- 1 16 -ounce box shell pasta
- Pot
- Salt/Pepper]
- Tomato or Alfredo sauce

Directions:

1. Fill pot with water per the pasta directions
2. When pasta has cooked, drain water and add salt & pepper
3. Mix in your favorite toping such as tomato or Alfredo Sauce





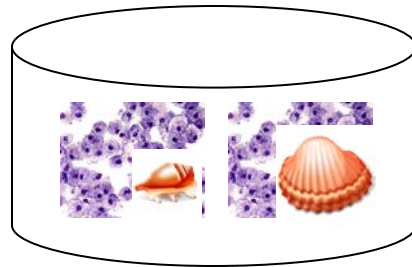
Making a Plaster Cast in the Sand

Oceans

This is fun way to make a plaster cast as the beach, in a sand box or in a small container at home.

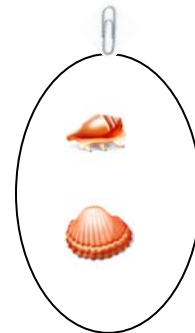
Supplies

- Container
- Water
- Spoon
- Paper Clip
- Measuring cup
- Sands
- Water
- Plaster of Paris
- Small items such as sticks, shells and other pieces of nature



Directions:

1. Spoon some sand into a container.
2. Scoop out a hole in the sand.
3. Press small objects such as stones sticks and shells halfway into the hollow you dug in the sand.
4. Measure some water into a cup.
5. Measure in twice as much Plaster of Paris and stir.
6. Pour the plaster into the hollow in the sand.
7. Push a paperclip halfway into one side of the plaster. Allow the plaster to harden.
8. Lift up the cast and brush off the loose sand.
9. Use the paperclip to hang your plaster cast.



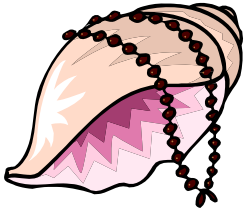


Fun Facts about Sea Shells

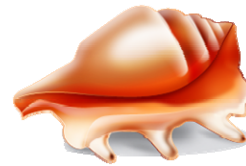
Oceans

Some kinds of one-shelled animals live in the ocean or along the seashore. See how many you recognize and how they move. Some skip over the sand. Some burrow into it. Some Swim, some crawl about. Some hold fast to something and do not move at all

There are many pear conch shells along the Atlantic Shore.

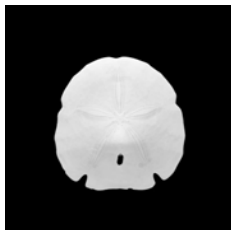


Pear conch

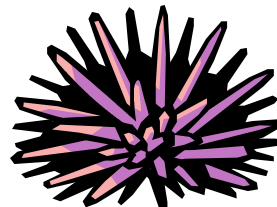


Pear conch

Sea Urchins and Sand Dollars are part of the Starfish family. When the sea urchin animal was alive it had spines all over it. A sand dollar's spines are small. It looks as though it has velvet all over it.



Sand Dollar



Sea Urchin

Moon Shells may be found on ocean beaches at low tide



Moon shells



Moon Shells



Fun Facts about Sea Shells

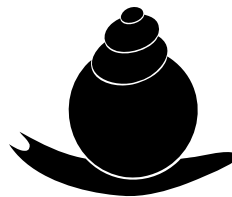
Oceans

Some kinds of one-shelled animals live in the ocean or along the seashore. See how many you recognize and how they move.

A Snail creeps

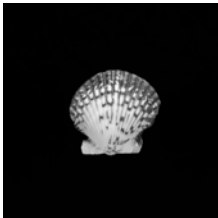


Sea snail



Sea Snail

A Scallop skips.



Scallop



Scallop

A clam Burrows



Clam



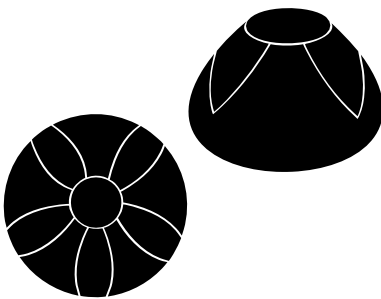
Clam



Fun Facts about Sea Shells

Oceans

Some kinds of one-shelled animals live in the ocean or along the seashore. See how many you recognize and how they move.



Barnacles grow fast





























Star Fish Cling

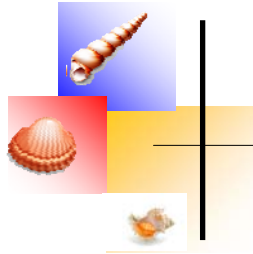


Sand Dollars

Beach Quiz

If you visit the beach this summer, you may see many of these fun things. Can you figure out the words with the pictures. Note: you can make copies of this handout and use it as a Scavenger Hunt when you go to the beach. The person or team who find the most items wins!

 A	 B	 C	 D	See if you can fill in all the names and find these items at the beach. You have been given the first letter.	
 E	 F	 G	 H	 I	 J
 K	 L	 M	 N	 O	 P
 Q Dash	 R	 S	 T	 U	 V
 W	 X	 Y	 Z Another word for no rain .	Answers: Anchor Bucket, Crab, Dunes, Eats, Fish, Lifeguard, Mattress, Net, Ocean, Picnic, Quick Row-boat, Shell, Tent, umbrella, Vest, X marks the spot, Yacht, Zero	



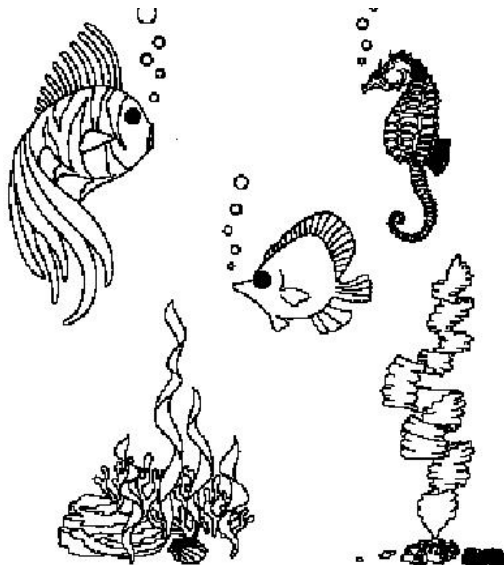
Fishing Game Rules

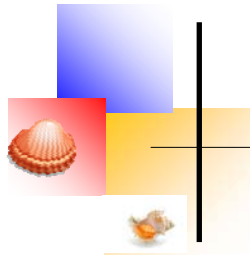
Oceans

Fishing Fun

How to play

1. Color and name the ocean wildlife follow this unit. Cut out the squares and glue to cardboard. Let dry. (These will become your playing cards).
2. Shuffle the deck of cards and deal 5 cards face down to each player. Players hold the cards in their hands so no one else can see them. All players should put any pairs they have down before the start of the game.
3. The player on the right goes first and moves clockwise. The player asks one of their opponents "do you have a _____". If the opponent has the card they must give it to the player. If the opponent does not have the card they say "go fishing". The player requesting the card must draw from the stack. If they draw a match they can place it with the rest of their pairs. If they do not have a match their turn is over.
4. If a player runs out of cards they pick one more card from the stack and continue playing. When there are no cards left in the deck and all the cards have been paired the game is over. The winner is the player with the most pairs.





Additional Information
about the Ocean your
family may enjoy
reading.

Visit the following Web sites for additional information on the ocean wildlife:
[www. NOAA National Marine Fisheries Service. com](http://www.NOAA.NationalMarineFisheriesService.com)