



Craft Activity: Puffy Sidewalk Paint

By Sticky Fingers Cooking®

Prep Time 5 / **Cook Time** / **Serves** -

Fun-Da-Mentals Kitchen Skills

stir: to mix together two or more ingredients with a spoon or spatula, usually in a circle pattern, or figure eight, or in whatever direction you like!

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

pour: to cause liquid, granules, or powder to stream from one container into another.

squeeze: to firmly press or twist a food with fingers, hands, or a device to remove its liquid, like shredded potatoes, frozen and thawed spinach, or tofu.

craft: to plan and create objects from found or available items or ready-made patterns for purposes that are decorative, functional, or both.

imagine: to form a mental image of a new or different idea, design, food dish, or food combination; or to think creatively to do something or make something in a new way.

Equipment

- Squeezable bottles (Tip: Wash and reuse your empty ketchup, mustard, etc. bottles!)
- Large mixing bowl
- Dry measuring cups
- Liquid measuring cup
- Measuring spoons
- Rubber spatula

Ingredients

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- 1 C flour
- 1 C water
- 1 T dish soap (any brand will work)
- 5 to 10 drops food coloring OR washable paint

Food Allergen Substitutions

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Instructions

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intro

This recipe makes enough for one bottle of paint. If you would like multiple colors, double or triple the recipe and divide the paint into two or three bottles. If you don't have squeeze bottles, have no fear. Kids can use paint brushes or paint with their fingers!

measure + stir

In a large mixing bowl, measure and stir together **1 cup flour** and **1 cup water** using the spatula until there are no lumps. Stir **1 tablespoon of dish soap** into the flour mixture.

squeeze + pour

Squeeze **5 to 10 drops of the food coloring OR washable paint** of your choice into the mixture, until the desired color is achieved. If using multiple colors, divide the flour mixture into separate bowls before adding the food coloring or paint. Pour the tinted mixture into your squeeze bottles.

important note

Puffy Sidewalk Paint is best used the same-day it is made. The mixture does not store well for future use, and it might explode if left in closed bottles.

imagine + design + have fun!

Have fun imagining and making sidewalk designs on a beautiful day!

Featured Ingredient: Flour!

Hi! I'm Flour!

"Happy Baking, Friends! I'm Flour, and I'm a VIP (Very Important Powder)! I'm really quite useful (and humble). You can use me to make breads, cakes, cookies, crackers, crumpets, doughnuts, muffins, pancakes, pasta, waffles, and more. (Which is your favorite?) I can coat vegetables and meats before frying them in oil, and you can combine me with a fat to make a roux to thicken sauces and gravies. You can even make play dough, paint, and glue with me. Can you see now why I'm a VIP?"

History & Etymology

Around 8,000 to 15,000 years ago, people discovered that they could crush wheat seeds between simple grindstones to make flour.

When you grind cereal grains, beans, seeds, or roots (like cassava), they become a powder, resulting in flour. Some of the grains besides wheat that can be ground into flour are rye, buckwheat, barley, corn, oat, and rice. Other foods used to make flour are potatoes, acorns, mesquite, cassava, soybeans, garbanzo beans (or chickpeas), amaranth, and even bananas!

Flour is the primary component of bread, and bread is a staple in many countries. Therefore, sufficient amounts of flour are critical, which has caused major economic and political issues at various times throughout history.

The word "flour" is originally a variant of the word "flower." Both derive from the Old French "fleur" or "flour," literally "blossom," and figuratively "the finest" (of the milled grain).

Anatomy

Before grains are ground into flour, they are whole pieces taken from a plant.

Each kernel of wheat consists of three parts: the coarse outer bran layer (which contains most of the fiber), the germ, and the endosperm. The endosperm stores the grain's starch, a carbohydrate that the body uses to create energy. Other foods that contain starch are potatoes, pasta, and rice.

Whole-wheat flour is the result of grinding or milling the whole grain. It contains all three parts of the kernel—bran, endosperm, and germ.

White flour has been refined or polished and bleached to remove the bran. As a result, white flour has less fiber than whole-wheat flour and fewer nutrients, too.

How Flour is made

Flour is made in nearly every country in the world.

First, farmers plant wheat seeds, and plants begin to grow. Then, when they are ready to harvest, farmers collect them with giant machines called combines.

Combines cut, separate, and clean the wheat at the same time. The grain must be completely dry before storing, so farmers don't harvest it when it's rainy.

Then, they transfer the flour to a mill (a building where grains are ground into flour), where a miller will oversee the grinding of the wheat grain into flour.

One whole wheat grain makes over 20,000 particles of flour!

Nutrition

Flour contains protein and is a significant source of carbohydrates.

Carbohydrates are a direct source of energy for the body. Our bodies first have to make some changes to the carbohydrates, but then they are quickly converted to energy by our cells.

Fiber helps to keep our intestines happy, feeding the good bacteria in our gut. Whole-wheat, unbleached flour is an excellent source of fiber.

Whole wheat contains essential nutrients, including vitamins, minerals, healthy fats, protein, and fiber.

Organic, unbleached flour is the healthiest.

Wheat-free and gluten-free flours are vital to people who have celiac disease, wheat allergies, or gluten intolerance (or non-celiac gluten sensitivity). Varieties of gluten-free flours include those made from: almonds, amaranth, buckwheat, corn, garbanzo beans (or chickpeas), millet, quinoa, rice, sorghum, soybeans, and teff.