



## National Oatmeal Month

More oatmeal is eaten in January than in any other month of the year! In fact, according to the Quaker Oats Company, Americans bought enough oatmeal in January to make 470 million bowls. To top off all of these bowls of oatmeal, most people add milk, sugar fruit or butter. More unusual toppings include peanut butter, eggnog and cottage cheese. Studies have shown that people who eat oatmeal have healthy hearts, which is one reason why this food has retained its popularity. The soluble fiber in oatmeal can help to lower cholesterol, and oatmeal may also reduce blood pressure. In addition a bowl of oatmeal keeps people feeling full, which leads to less snacking in between meals. Overall, eating a hot bowl of oatmeal in the morning is a very healthy way to start the day!

*Source: Candice Buckley for SmarterKids.com*

## Oatmeal Soap Activity

Making oatmeal soap is easy and fun. It's also a great way to use up soap slivers from the kitchen or bathroom!

Age range: 4-8 years

Grade Level: Preschool to 2<sup>nd</sup> grade

Skills used:

- Math: Measurement
- Creative Arts: Visual Arts
- Learning style: Physical/hands on

## Directions

Materials:

½ cup	oatmeal
½ cup small	soap pieces
1½ tablespoons	cooking oil
1 tablespoon	water

Blender

Smocks or t-shirts to protect clothing, fabric and ribbon

1. Have the children collect small pieces of soap in a plastic bag and pound them into small chunks.
2. Depending on the age of the children, allow them to place their soap chunks into a blender and add the oatmeal. Pulse the mixture until it has reached a grainy consistency.
3. Pour the mixture into a bowl and remove any large pieces of soap.
4. Add the oil and water and mix with hands.
5. Form the soap into a firm ball and let set until hard (about 2 hours)
6. Wrap the balls in fabric and tie with ribbon.

Adapted from [www.SmarterKids.com](http://www.SmarterKids.com)