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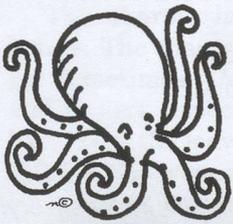
Try this experiment:

Sense of smell

Find out how your sense of smell helps you taste foods. Without your nose, you may not be able to tell the difference between foods - especially if the foods all have the same texture.

What to do:

1. Blindfold a friend.
2. Ask your friend to pinch his or her nose.
3. Offer your friend one flavour of a type of food at a time.
4. Can he or she identify it? (Your friend might want a drink of water between the different foods.)
5. Offer the same food and tell your friend to un-pinch his or her nose. Now does your friend know what it is?



In Focus: Octopus

The common octopus can measure up to 1 m in length, and it can reach up to 15 kg in weight. Some octopus species, however, can measure up to 9 m and weigh 250 kg.

Octopuses can change colour gradually or in an instant because their nervous system controls their skin pigment. Coloured pigment is located inside cells which are surrounded by rings of muscle fiber. When they receive a stimulus, the tiny muscles tense, and the pigment forms stains on the body. Octopuses can assume different colours by combining blue, pink, black, brown and purple pigments.



Prep time: about 40 minutes

Ingredients:

- 1 cup flour
- 1 cup oatmeal
- 3 Tbsp sugar
- 1 tsp salt
- 4 tsp baking powder
- 1 cup blueberries
- 1 egg
- 1 cup milk
- ¼ cup vegetable oil
- Non-stick spray

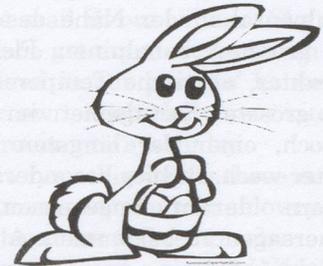


Directions:

- Preheat oven to 200°C.
- In a large bowl, mix together the flour, oatmeal, sugar, salt, and baking powder.
- Mix in blueberries.
- In another bowl, break the egg and use a fork to beat it just a little bit. Then add the milk and vegetable oil, and mix.
- Add this mixture to the first mixture in the large bowl.
- Using a mixing spoon, mix about 25 or 30 times. Don't mix too much! Your muffin mixture should be lumpy, not smooth.
- Line a muffin tin with paper liners or lightly spray with non-stick spray. Spoon in the muffin mix. Fill each muffin cup about ¾ of the way up.
- Bake for about 20 minutes.
- When muffins are finished baking, remove from muffin tin and cool them on a wire rack.
- Enjoy your berry tasty muffins!

Makes: 12

Colour your own Easter Eggs



You can decorate beautiful Easter eggs with the brown outer skins of onions or if you like red eggs you can use beetroot.

Make sure you have an adult around you as you are working with boiling water.

You will need:

- 1 adult
- Fresh eggs
- A handful of brown outer onion skins (makes brown eggs)
- 1 Beetroot (makes red eggs)
- Old stockings
- String

1. Boil up a pot of water with onion skins or a beetroot until the water becomes coloured.
2. Find some lovely small leaves or flowers like a violet, pansy, small fern frond, clover leaf, kowhai leaf etc.
3. Stick the leaves or flower head onto a raw egg with a bit of egg white or water. Carefully tie a piece of stocking around it with string so the leave can't move. Lower the egg(s) carefully with a spoon into the boiling water that you have coloured with the onion skins or beetroot and boil the eggs until hard. Takes 10 minutes for a hard boiled egg. Cool then remove the stocking.

Happy Easter!

