

# FRANCE

*For the Busy Moms*

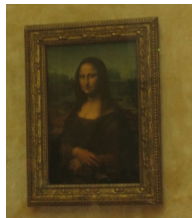
## Welcome to France!

1. The beaches of Normandy are located on the northern coast of France. During World War II, June 6, 1944 was known as D-Day. Allied forces invaded northern France to free France from the Germans. The Allied beach landings in Normandy were the largest seaborne invasion in history.



2. The Eiffel Tower is located in Paris, France. Paris is the capital city of France. The tower was built by Gustave Eiffel and completed in 1889. Did you know? Gustave Eiffel designed his own personal apartment atop the Eiffel tower!

3. The Mona Lisa, one of the world's most famous paintings, was painted by Leonardo da Vinci and is located in the Louvre Museum in Paris. The Louvre is the most visited art museum in the world.



4. The Tour de France is a famous bike race for the world's best bicyclists held annually in France. It was first held in 1903. The Tour de France 2020 will start in Nice, France on August 29th and will finish in Paris on September 20th. The race consists of 21 day-long stages.

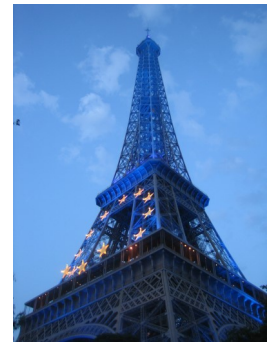
5. Mount Blanc is France's highest mountain and is 15,771 feet high!

## Eiffel Tower Craft

Find some spaghetti or some straws and get ready to make your very own Eiffel Tower craft! See page three of this activity packet for details!



## Family Activities



1. Host your own Tour de France. Set up a course with 21 laps to represent the 21 stages of the race. Stop to rest several times during the race and have the leading bicyclist wear a yellow shirt to represent the current stage leader!
2. Paint your own Mona Lisa with water colors. Research and discuss the meaning of the expression on Leonardo da Vinci's painting of Mona Lisa's face.
3. Read: *Everybody Bonjours* by Lisa Kimmelman.
4. For older kids, research the Normandy invasion and talk about the effect it had on the Allied war effort during World War II.
5. Check out National Geographic Kids Eiffel Tower at <https://kids.nationalgeographic.com/explore/monuments/eiffel-tower/>
6. Bring France to life by viewing links to several virtual reality 3D videos of France at [Forthebusymoms.com](http://Forthebusymoms.com)!

## Kid-Friendly Pancake Crepes

Are pancakes and crepes the same? The short answer is "no". The ingredients are similar, but not exactly the same. Pancakes have an agent which makes them rise, such as baking soda or baking powder. Crepes do not. Thus, pancakes are usually fluffier, while crepes are usually very thin. In order to design an easy-to-make option for busy moms, I'm going to stick with using my "complete" pancake batter mix, plus a little extra water, to make pseudo-crepes. Check out page two of this packet for kid-friendly pancake crepe options!



# Kid-Friendly Pancake Crepes

## Ingredients

(Makes 4 Pancake Crepes)

Prep time: 5 minutes

Cook time: 10 minutes

1 cup complete pancake mix

1 1/4 cups water

Olive oil cooking spray

Optional toppings:

Strawberries

Blueberries

Bananas

Maple Syrup

Nutella

Peanut butter

Jelly



## Instructions

1. Combine pancake mix and water in a measuring cup. The mixture should be more watery than your normal pancake batter.
2. Heat a pan on the stove over medium heat or set griddle at 275 degrees F.
3. Spray pan or griddle with olive oil cooking spray.
4. Pour pancake batter onto the pan or griddle. Let cook for several minutes until bottom of the pancake crepe is golden brown. Flip the pancake crepe and let cook for 1-2 additional minutes (until second side is golden brown).
5. Place pancake crepe on a plate and spread or fill with optional toppings of your choice! Fold both sides in to the center to create a wrapped up pancake crepe.



## Busy Mom Tip:

If you'd like to get some more protein in your breakfast pancake crepes, try mixing Kodiak Cakes pancake mix with an even amount of buttermilk pancake mix. Your kids will get the taste of the buttermilk pancakes with the bonus of 14g of protein per serving from the Kodiak Cakes mix.





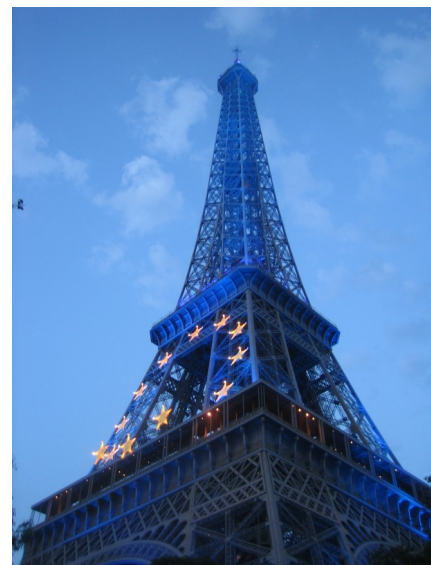
# Eiffel Tower Craft

## FUN FACTS

The Eiffel tower currently stand stands 1,063 feet tall!

It's original height was 1,024 feet.

The first floor is at 187 feet, the second floor is at 377 feet and the third floor is at 906 feet.

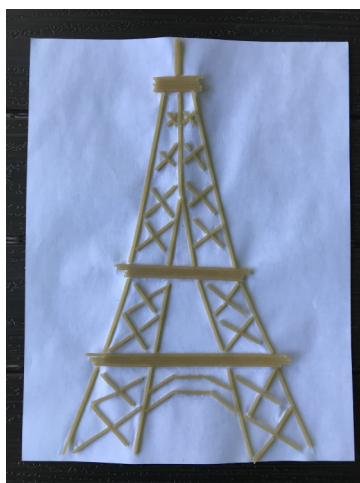
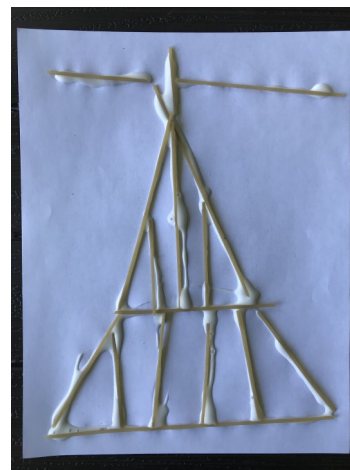


Step 1: Gather supplies: Construction paper, glue\* and 10-15 pieces of spaghetti. You can also use straws if you don't have spaghetti. \*Elmer's white glue works better than a glue stick.

Step 2: Break the spaghetti into pieces of various sizes. Arrange the spaghetti on the piece of paper in the shape of an Eiffel Tower. Be creative!

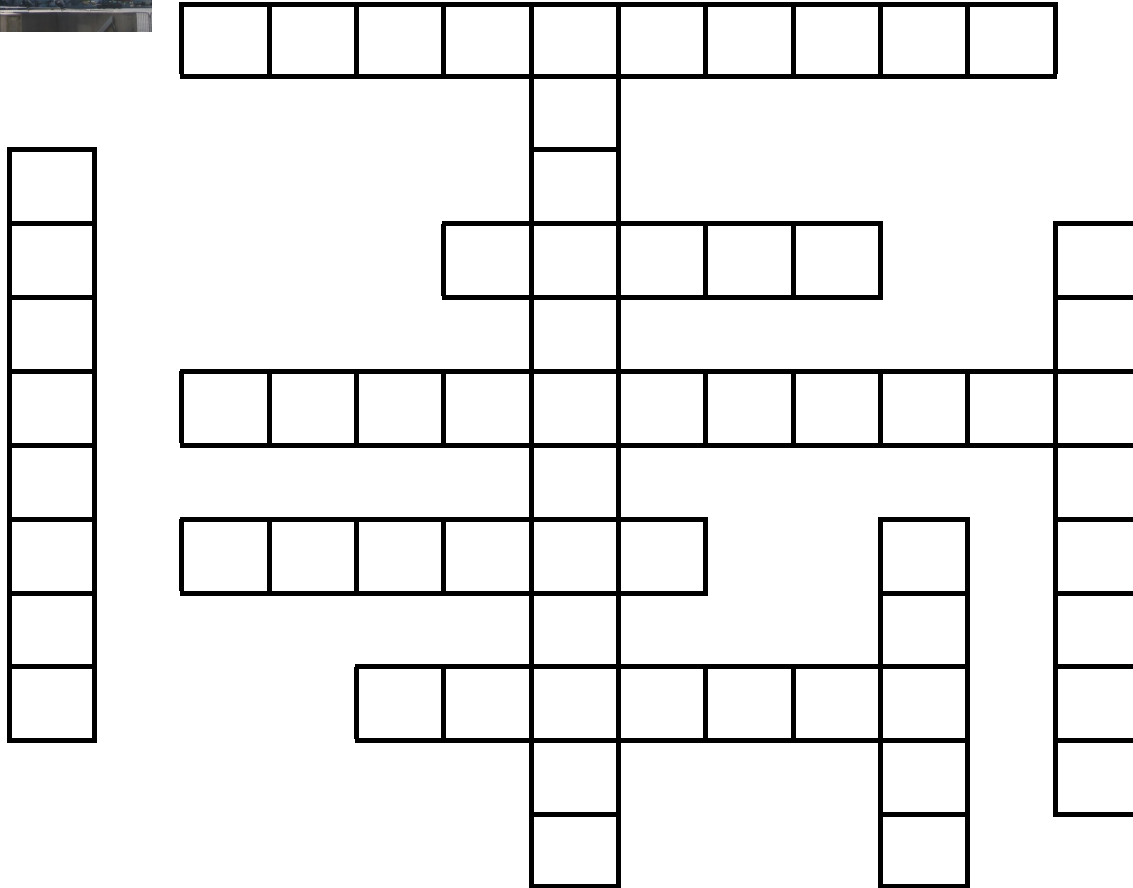
Step 3: Once you have your design, pick up one section of spaghetti at a time. Put a layer of glue on the paper in the area where you removed the spaghetti. Replace the spaghetti on the area with glue. Repeat for the remaining areas of the tower. Allow the glue to dry before moving the paper.

Step 4: Decorate the paper around your Eiffel Tower as desired.





# France - Word Puzzle



Fit the words below into the proper spaces in the word puzzle above!

Tour de France

Normandy

Mona Lisa

Mount Blanc

Paris

Eiffel Tower

Louvre

Crepe

Bonjour

## Coloring!

Color the flag of France blue (B), white (W) and red (R).

