

ROME, ITALY

For the Busy Moms



Welcome to Rome, Italy!

Rome is the capital city of Italy. Rome is located on the western central Italian peninsula. The city is said to have been founded around 753 B.C. and thus, Rome has many incredible historic sites to visit. Some of these historic sites include: 1. The Colosseum—a massive structure known as an amphitheater which long ago hosted many gladiator battles; 2. St Peter's Basilica—an active church and the center of Roman Catholicism. You can climb to the top of the dome for a spectacular view; 3. Trevi Fountain—a mythological site depicting Oceanus, the god of the sea; 4. The Pantheon—a former Roman temple housing a magnificent dome with a central opening known as an oculus; 5. The Roman Forum—ruins of important shrines, government houses and monuments from Ancient Rome; 6. The Sistine Chapel—home to Michelangelo's famous frescos (a type of art made by painting on damp plaster so the painting becomes part of the wall). Rome is also home to Vatican City which is located inside the boundaries of the city of Rome. Vatican City is actually an independent country and is the world's only country located within a city.



Build a Catapult



Gather 4 pencils, 6 rubber bands, a plastic spoon and a cotton ball or marshmallow. These supplies will create a very basic catapult. Turn to page 3 for step by step instructions on making the basic catapult.

Once you complete this catapult, challenge yourself to design a more complex catapult system. Older kids can jump right to designing their own catapult system!

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Family Activities

1. Roman amphitheaters were used for chariot races. Have fun decorating a wagon to make a chariot and create a loop in your driveway to pull the chariot. No wagon? Try decorating a big wheel or bicycle instead!

2. The Romans built many of their structures with an arch. Pull out some building blocks, Legos, or find some rocks to try building your own arch.



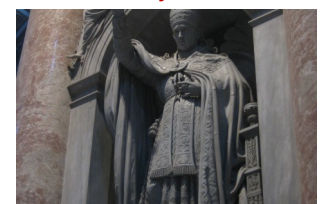
3. Plant an herb garden. Three popular herbs used in Italian cooking are basil, oregano and rosemary. Purchase seeds online and place the seeds in three plastic cups or in a small planter if you have one. Follow directions on the seed packets for recommended water and sunlight amounts.



4. Check out the links to several virtual reality 3D videos of Rome at Forthebusymoms.com!

Meal Plan

While cooking styles vary from region to region in Italy, some of the most popular foods in Rome include carbonara (a pasta dish with egg, hard cheese, pork and black pepper), porchetta (a stuffed pork roast), and margherita pizza (made with tomatoes, mozzarella cheese, basil, salt and olive oil). Gelato is a very popular treat as well! Gelato is more dense than ice cream and is made with more milk and less cream and eggs. It is churned more slowly than ice cream and contains less air. To keep it simple for the busy moms, plan on spaghetti and meatballs for dinner tonight!



Pasta and Meatballs



Ingredients (Makes 4 Servings)

One package of pasta of your choice

1 lb ground turkey

1/4 cup diced onion or scallions

1/2 tsp garlic powder

1/2 tsp Italian seasoning

1/4 tsp onion powder

1/4 tsp pepper

1/4 cup grated parmesan cheese (optional)

1 jar of pasta sauce of your choice

1/2 tsp each of fresh oregano, basil and rosemary (optional)

Instructions

1. Preheat oven to 350 degrees F. Line a baking pan with aluminum foil or parchment paper (for easier cleanup).
2. Dice the onion or scallions into very small pieces.
3. Combine ground turkey, diced onion/scallions, spices and optional parmesan cheese in a bowl. Mix thoroughly.
4. Form ground turkey mixture into meatballs and place on your baking pan. This recipe will make between 15-18 meatballs depending on size. Bake for 25 minutes.
5. Prepare pasta according to package directions and the amount of servings desired.
6. Heat pasta sauce in a pan on the stove. Optional: Chop any fresh oregano, basil and rosemary and add to pasta sauce for additional flavor.
7. Combine pasta, meatballs and sauce on a plate. Serve!

Busy Mom Tips:

1. If you are short on time, opt for heating up some frozen pre-cooked meatballs instead of making the meatballs from scratch. Since this will often result in a higher sodium content meal, you can try to balance it with a low sodium pasta sauce. Look for the low sodium pasta sauce while shopping and keep several jars ready to go in your pantry.
2. You can pair this meal with some quick pre-packaged salad or a fresh salad for the adults and kids who like salad. Applesauce or apple slices make a great side item for younger kids!
3. If you'd like a sweet treat for your kids, scoop up a small serving of ice cream for dessert and pretend like you are eating gelato in Rome!



Bonus Tip: If you are really in a bind for time and still want to feel like you are in Italy, bake a frozen pizza in the oven! You can serve it with a salad and some applesauce or apple slices as well.

Build a Catapult

Step 1: Gather Supplies: 4 pencils, 6 rubber bands, a plastic spoon and a cotton ball or marshmallow.



Step 2: Use a rubber band to connect each end of two pencils together. Do this twice.



Step 3: Use your fifth rubber band to connect the plastic spoon to one end of a set of pencils.



Step 4: Use your sixth rubber band to connect the second set of pencils between the spoon and the first set of pencils. Pictures show both top and bottom views.



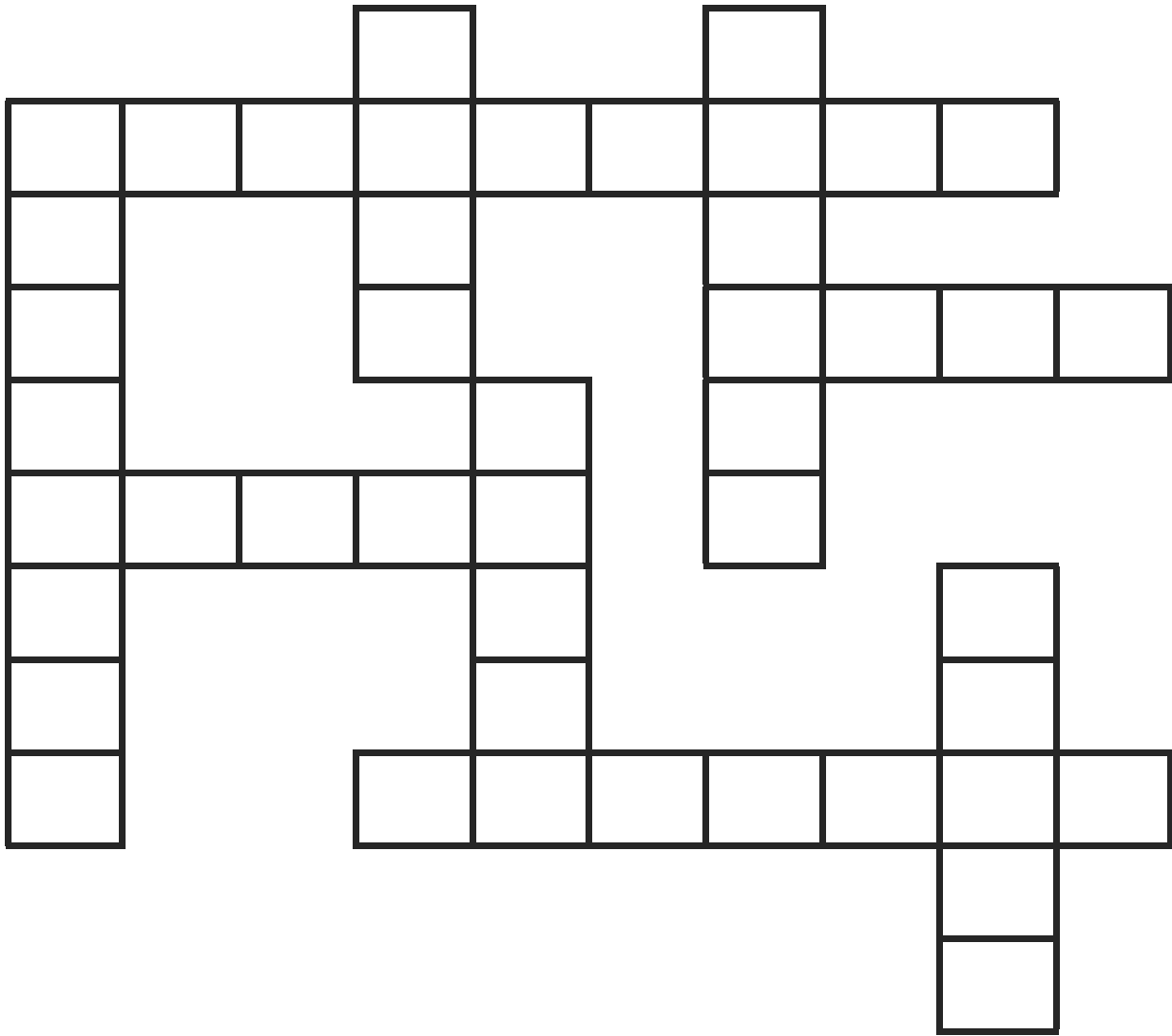
Step 5: Place your cotton ball or marshmallow on the spoon. Pull the spoon back and release to launch!



Trivia

1. In Rome, what is a popular treat similar to ice cream?
2. What is the name of the fountain showing Oceanus, the god of the sea?
3. When was Rome founded?
4. Which structure was popular in Roman architecture?
5. BONUS: Which Olympics were held at the Olympic Stadium in Rome?

WORD PUZZLE



Find the correct position in the puzzle above for each of the words below.

Rome

Pizza

Colosseum

Vatican

Gelato

Arch

Catapult

Pasta

Italy