

WASHINGTON D.C.

For the Busy Moms

Welcome to Washington, D.C.

Washington, D.C. was established as our nation's capital and was named after our first president, George Washington. It is not a state, and is not in a state. It is located between the states of Maryland and Virginia.

The National Mall is not a place to shop, but is rather a central location containing museums and national monuments including the American History Museum, the Air and Space Museum, the Lincoln Memorial and the Washington Monument, to name a few. You can also view the original U.S. constitution by visiting the National Archives.



The President of the United States lives and works in the White House in Washington, D.C. All presidents since John Adams have lived in the White House. The United States Capitol



Building is located at the eastern end of the National Mall and is home to the United States Congress.

You can continue your tour of U.S. history while in Washington, D.C. by visiting places such as the U.S. Bureau of

Engraving and Printing where you can learn about U.S. paper money. Arlington Cemetery is nearby in VA and there you can see events such as the changing of the guard at the tomb of the unknown soldier. You can also travel just south of Washington, D.C. to visit Mount Vernon, where President George Washington and his wife Martha lived.

Fun facts: The White House has 35 bathrooms! Two American Presidents kept alligators at the White House!

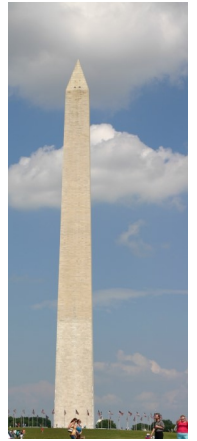
American Flag Craft

Use any materials (construction paper, crayons, paint, markers, cotton balls, star stickers, glitter) to make your own American Flag! Hang the flag where you can easily see it. Use it to practice the pledge of allegiance each morning!

Forthebusymoms.com

Family Activities

Get creative with Legos! Gather your Legos and create one of the national monuments for an afternoon full of fun!



Explore our Nation's Capital through more than 50 virtual tours available at Scholasticatravel.com which specializes in classroom trips.

Read: *Kids' Travel Guide—Washington, D.C.* by Kelsey Fox. The target age is 6-12 and the book contains both a fun and educational way to explore Washington, D.C.

Check out links to additional videos of our Nation's Capital at www.FortheBusyMoms.com!



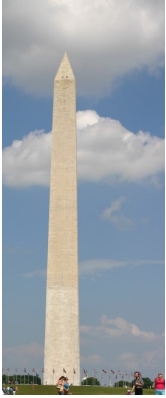
Patriotic Flag Cake

As you learn about our Nation's Capital, get ready to enjoy this delicious patriotic flag cake! Check out the recipe on page three of this packet!



Washington, D.C.- Matching

Draw a line from the picture on the left to its description on the right.



National Archives. This is where the original Constitution of the United States resides.

Mount Vernon. This was the home of George Washington and his wife, Martha. It is located 13 miles south of Washington, D.C. on the banks of the Potomac River.

Lincoln Memorial. This monument recognizes our 16th President of the United States, Abraham Lincoln.

The Washington Monument. This monument is an obelisk standing 555 feet tall which was named in honor of our first President, George Washington.

The White House. This is where the current President of the United States lives and works.

The United States Capitol Building. This building is where the United States Congress works.

WWII Memorial. This memorial honors the 16 million people who served in the Armed Forces and those who supported the war effort from home.

Patriotic Flag Cake Recipe



Recipe credit goes to my Mom who has made this delicious treat for our family for many decades!

Ingredients

1 package of Angel Food Cake mix (which usually only requires water as an additional ingredient)

2 x 3 oz boxes of strawberry jello (sugar free if desired)

2 x 10 oz containers of frozen strawberries

2 cups whipped cream (lower sugar if desired)

1 cup boiling water

1 1/2 cups fresh strawberries (sliced in quarters)

1/2 cup blueberries

Olive oil spray

Instructions

1. Bake an angel food cake according to box directions.*
2. Let the cake cool. Then tear the cake into 1 inch square pieces and add to a large bowl.
3. Dissolve both packages of jello in boiling water in a medium size sauce pan.
4. Add the frozen strawberries to the medium pan and continue to stir.
5. Pour the mixture over the cubed angel food cake in the large bowl. Toss until the cake is well coated.
6. Coat a 13" x 9" pan with olive oil spray. Transfer the cake mixture to the pan. Let cake cool for 1 hour.
7. Spread whipped cream as a "frosting" on top of the cake mixture. Place the blueberries in rows to make the blue and star area of the flag. Place the strawberries in rows to create red and white stripes.
8. Chill for several hours then serve!