

### Not just another boring pizza!

Take the Science World approach to a family evening at home with Blood Juice, Severed Finger Cookies and Jelly Eyeballs, and a whole lot of fun, gross-out learning. In this package, you'll find everything you need to know about creating a Human Body adventure night for your family.

*This package includes the following:*

- **Movie suggestion:** *Osmosis Jones*
- **Recipes:** Blood juice, Severed Finger Cookies & Jelly Eyeballs
- **Shopping List:** Everything you need to shop for your family science night!
- **Try this at Home Science Activities:** Instructions for making blood, barf, blisters, goop, Oobleck & slime
- **Web Games:** *Art and Spleen's Most Excellent Adventure* Science World's FREE online game [scienceworld.ca/online-games](http://scienceworld.ca/online-games)

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### Recipes

#### Blood Juice

*Makes 8 servings*

- 1 cup orange juice
- 4 cups pineapple juice
- 2 cups lemon/lime soda or Ginger Ale
- 8 tablespoons grenadine syrup
- Ice

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1. Pour orange juice and pineapple juice in large pitcher and refrigerate until ready to serve.
  2. Stir soda into chilled juice mixture. Add lots of ice to glasses and pour punch over ice. Slowly drizzle 1 tablespoon grenadine over top of each glass serving.

*Recipes continued on next page...*

### Severed Finger Cookies

*Makes 30 cookies*

- 15 blanched almonds halved
- 2 large eggs
- ¼ tsp vanilla extract
- ½ cup butter, at room temperature
- ½ cup powdered (confectioners) sugar
- 5 tbsp granulated sugar
- 1 pinch salt
- 1⅔ cups all purpose flour

1. Pre-Heat oven to 350°. Line two baking sheets with parchment paper and set aside.
2. Separate 1 egg and set aside the white. In a small bowl, whisk together yolk, remaining egg, and vanilla and set aside.
3. In the bowl, using an electric mixer (use paddle attachment if available), combine butter, confectioners' sugar, granulated sugar, and salt. Beat at medium speed until well combined. Add egg mixture, and beat until smooth (about 2 minutes). Add the flour and mix on low speed just until incorporated. Wrap the dough in plastic, and chill until firm (20 to 30 minutes).
4. Divide the dough in half. Work with one piece at a time, keeping remaining dough covered with plastic wrap and chilled. Divide the first half into fifteen pieces. On a lightly floured surface, roll each piece back and forth with palms into finger shapes, 3 to 4 inches long. Pinch dough in two places to form knuckles. Score each knuckle lightly with the back of a small knife. Transfer fingers to prepared baking sheets. Repeat with remaining dough.
5. When all fingers are formed, brush lightly with egg white. Position almond nails and push into dough to attach.
6. Bake until lightly browned, about 12 minutes. Cool completely. Add red icing if you are looking for a bloody effect.

### Jelly Eyeballs

*Makes 6 eyeballs*

- 1 pkg lime gelatin powder
- 6 canned or fresh lychees
- 6 maraschino cherries
- 6 slices of black grape

1. Place a maraschino cherry into the lychee – try not to break it.
2. Cut slice from outside end of grape and place over red part of eyeball.
3. Prepare lime green gelatin according to directions.
4. To suspend eyeball in gelatin, pour gelatin half way up in a small square glass, large enough to hold the lychee with room around the edge and let set.
5. Place the eyeball on the set gelatin and pour remaining jelly into glass.
6. Cover and let set.

*Shopping list on next page...*

### Shopping List

#### Recipes

- Pineapple juice
- Orange juice
- Ginger ale or lemon/lime soda
- Grenadine syrup
- Blanched almonds
- Large eggs
- Vanilla extract
- Butter
- Confectioners sugar
- Granulated sugar
- Pinch salt
- All purpose flour
- Lime gelatin powder
- Canned or fresh lychees
- Maraschino cherries
- Black grapes

#### Try this at Home activities

- Cornstarch
- Borax\*
- Food colouring (red, yellow and various other colours)
- Guar gum (a food thickener – look for it in a health food store)
- White glue (not school glue)
- Chopstick or popsicle stick
- Petroleum Jelly
- Toothpicks
- White Tissue
- Cocoa
- White corn syrup
- Sandwich baggies
- Applesauce
- Oatmeal
- Raisin bran cereal
- 1 packet unflavoured gelatin

\* Borax is a commonly used detergent and occurs naturally in foods. Recently Health Canada have published a draft screening assessment that suggests overexposure to borax has the potential to cause developmental and reproductive health effects.



# Our Favorite Gross Stuff

## Fake Blisters

### What you need:

- red food coloring
- yellow food coloring
- petroleum jelly
- bowl
- toothpick
- a white tissue

### What to do:

1. Select a blister site. The back of your hand, arm, or shin are good places.
2. Place a dab of red food coloring onto the end of your finger. A bit about the size of a drop of blood is perfect.
3. Smear an oval patch about the size of a mutated quarter at the blister site. Don't make the blister too big or it won't look real.
4. Place a fingerful of petroleum jelly into the bowl. Add a tiny drop of yellow food coloring. Mix with the toothpick until the jelly is a slightly yellow color.
5. Glob the yellowish petroleum jelly into the center of the red oval. Mold the jelly into a bubble, or blister, shape.
6. Separate the tissue into a single layer. Tear the tissue into an oval shape about the size of the red patch on your skin.
7. Lay the tissue over the blister glob. Gently smear clear petroleum jelly over the tissue until it becomes invisible. You may want to tear away more of the edges if it is too large.
8. Use clean tissue to wipe away any extra petroleum jelly on your skin.

## Fake Blood

### What you need:

- toothpick
- cup
- sandwich baggie
- "white" corn syrup
- red food colouring
- cornstarch
- cocoa

### What to do:

1. Place two spoonfuls of clear syrup into a cup.
2. Add 1 spoonful of water.
3. Stir with a toothpick.
4. Add 2 drops of red food coloring. Stir with the toothpick.
5. Pour the mixture into a baggie.
6. To the mixture, add 2 pinches of cornstarch and 1 pinch of cocoa.
7. Squish the cornstarch and cocoa into the mixture.
8. Drip the blood from your mouth and say "I want to suck your blood."

## Fake Barf

### What you need:

- frying pan
- spatula
- plate
- measuring cup
- spoon
- apple sauce
- powdered cocoa
- oatmeal
- raisin bran cereal
- 1 packet unflavoured gelatin



### What to do:

1. Put 1/4 cup of apple sauce into the frying pan.
2. Heat the apple sauce. As you're heating it add 1 packet unflavoured gelatin and stir.
3. Add 1-2 pinches of powdered cocoa and stir thoroughly.
4. Turn off the heat.
5. Pour a small amount of oatmeal into your palm and sprinkle it into the mixture. Stir a little bit, but leave chunky bits.
6. Pour a small amount of raisin bran into your palm and sprinkle it into the mixture. Stir a little bit.
7. Spread the mixture out onto a plate until it looks real.
8. Stick in some raisins or cereal bits for added effect.
9. Allow the fake barf to cool on the plate for several hours.