

The story of Noah & Rainbow activities

Read the story about God, Noah and the rainbow, Genesis 9: 8- 17 (The Message):

⁸⁻¹¹ Then God spoke to Noah and his sons: "I'm setting up my covenant with you including your children who will come after you, along with everything alive around you—birds, farm animals, wild animals—that came out of the ship with you. I'm setting up my covenant with you that never again will everything living be destroyed by floodwaters; no, never again will a flood destroy the Earth." ¹²⁻¹⁶ God continued, "This is the sign of the covenant I am making between me and you and everything living around you and everyone living after you. I'm putting my rainbow in the clouds, a sign of the covenant between me and the Earth. From now on, when I form a cloud over the Earth and the rainbow appears in the cloud, I'll remember my covenant between me and you and everything living, that never again will floodwaters destroy all life. When the rainbow appears in the cloud, I'll see it and remember the eternal covenant between God and everything living, every last living creature on Earth."¹⁷ And God said, "This is the sign of the covenant that I've set up between me and everything living on the Earth."

QUESTIONS: Do you worry about the state of our planet? Do you think that God will renew the planet? What does God's promise to Noah ('covenant' – see Genesis 9:16-17) mean for people and the planet?

- ➔ The rainbow symbolises this promise and covenant, the pact between God and Noah. A rainbow is the symbol of hope. It's a beautiful, colourful symbol and there are lots of fun rainbow activities to remember God's promise.

Rainbow colour treasure hunt

- List the seven colours of the rainbow, in the correct order. Let's find these outside!
- Plan a local route or just go to your local park, get ready and pack your camera or mobile phone. Go outside and look out for all the colours on your list. Take pictures of flower, bushes, grass, bark, lichen, rocks or fruit you find outside. Photograph living things (or rocks and soil)!
- Download your pictures onto a computer or tablet and create your own nature rainbow! We did this treasure hunt in April, on our walk to the shops through a park and past some gardens. This is what we found:



Rainbow treats

Do you like cooking or baking? Create your own rainbow pizza and rainbow tart. This pizza is for four people – remember to allow 1.5 hours for the dough to rise, after you have mixed and kneaded it.

Ravenous rainbow pizza

Ingredients

For the pizza dough

- 300g/11oz strong bread flour, plus a little extra for dusting
- 1 x 7g sachet fast-action dried yeast
- 1½ tsp salt
- 3 tbsp extra virgin olive oil

Base: covered in red tomato sauce (with some tomato mascarpone stir in pesto mixed in)

Our favourite toppings:

Red: red pepper/tomato

Orange: orange pepper/carrot

Yellow: yellow pepper/ Mature cheddar

Green: green pepper/green olives/spinach

Blue: olives (alternative: purple sprouting broccoli)

Indigo: purple-black olives/kidney beans (alternative: aubergine)

Violet: mushrooms

Method

1. Preheat the oven to 240C/475F/Gas 9.
2. Put the flour, yeast and salt into a large bowl and mix it together. Make a dip in the middle and pour in the oil and 175ml of warm (but not too hot) tap water. Use a wooden spoon to mix everything until you have a soft and sticky ball.
3. Knead the dough for eight minutes by hand
4. Split the dough into two and roll out each ball into a rectangle of roughly 25x40cm/10x15in. IF YOU HAVE A BREADMACHINE you can use this for making pizza dough instead (combine all ingredients – see 2).
5. Cover the base with tomato sauce and create seven 'slices' each with a different rainbow colour (in order, clockwise) by putting the vegetables, olives and cheese on
6. Bake for about 30 minutes (check the dough and toppings regularly to see if ready)

ENJOY!!!

Fabulous rainbow fruit tarts (pudding)

Ingredients

For the sweet pastry

- 350g plain flour
- pinch of salt
- 125g unsalted butter, chilled and flattened/in cubes
- 125g caster sugar
- 2 whole free-range eggs and 1 egg yolk

For crème pâtissière

- 500ml whole milk
- 2 vanilla pods, seeds removed and pods retained OR vanilla extract (easier)
- 6 free-range eggs, yolks only
- 120g caster sugar
- 50g plain flour

For the topping – for instance:

Red: strawberries/raspberries/cherries

Orange: orange/satsumas

Yellow: mango/banana

Green: apple/kiwi

Blue: blueberries

Indigo: blackberries

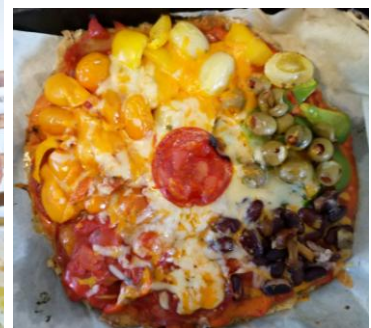
Violet: pale red grapes

Method

1. For the sweet pastry, preheat the oven to 190C/350F/Gas 5.
2. Lightly grease one large round tin (or two smaller ones).
3. Mix the flour and salt in a large mixing bowl. Add the chilled butter and rub in the mixture.
4. Combine the sugar and the eggs and egg yolk. Mix into the bowl with a spatula, until the dough comes together in a ball.
5. Lightly flour a work surface, tip the pastry ball out onto it, and knead until you have a smooth soft dough.
6. Place the dough the fridge to chill for an hour minimum.
7. Remove the pastry from the fridge and lightly flour a work surface. Roll out the pastry 3-4mm thick and line the tin. Leave in the fridge for 30 minutes.
8. Bake the pastry in the tin for 20 minutes.
9. Remove from the oven and allow to cool for 15 minutes. Leave to cool.
10. For the crème patissière, place the milk and vanilla into a large saucepan and warm through.
11. Place the eggs, sugar and flour in a large mixing bowl and whisk until the colour changes and becomes pale. Gradually add the warm milk and vanilla to the egg mixture, whisk together, then return the mixture to the pan. Cook on a low heat until it the mixture thickens, then pour into a clean bowl. Place a circle of greaseproof paper on the mixture, to stop a skin forming. Or add some sugar.
12. Spoon the crème patissière into the pastry cases. Top the tarts with the fruit, in circles following the colours of the rainbow from the outside.
13. Optional: Put the apricot jam and 1-2 tablespoons of water in a small sauce pan and warm it through, so it becomes more runny. Lightly brush the fruit to glaze.

ENJOY!!!

Guess what? Rainbow coloured veg and fruit are very healthy! Packed with vitamins and minerals. Eat your rainbow every day and you'll thrive and radiate.



Top tips:

Ask if you can harvest any colourful vegetables from your garden or perhaps you have a nice granny or neighbour with a vegetable patch?

Organise a picnic and share your pizza (remember to invite anyone who has given you some vegetables ☺)



Top tips:

Go outside and 'forage' for fruit in hedgerows, woods and parks: blackberries, plums (yellow, purple, red), apples...

If you don't like gelatine, you can make more of the fancy crème pâtissière and just push your fruit into the cream (see photo above).

Don't forget to photograph your steps – a colourful memory of you epic baking efforts! And an easy way to remember how to make this again.

Extra: make a list of all the vegetables and/or fruit you have used and find out what exactly makes them so healthy. Which vitamins and minerals do they give us and why are these so good for us?

Vegetable or fruit:	Vitamins en minerals:	Good for us, because:

Tips: on the internet there is a lot of information about fruit and veg. Here is something to help you:

- Vitamin A: Makes your immune system strong (handy when you are fighting off a cold for instance)
- Vitamin B: Helps your digestive system (filtering out the good stuff and breaking down and flushing out everything we don't want)
- Vitamin C: Helps your body to absorb iron (which keeps you awake, strong and fit) and keeps your hormones* in balance
- Vitamin D: Helps your body to absorb calcium (in dairy, beans etc) and keep your bones and teeth strong
- Vitamin E: Helps your body to absorb Vitamin A and build strong cells
→ Minerals are very important too. Check out which minerals your body needs and what for.

***Hormones** are chemical messengers released into the blood that help organs. An example is insulin: it regulates the sugar in your blood. But also temperature, water and salt inside the body are carefully kept in check by hormones.