



Stars Have Stories – *How are stars born?*

Week Seven - At Home Activities

Visiting stars...and creating them in your kitchen!

Presented by the UWM Alumni Association and UWM Manfred Olson Planetarium.

This week we talked about how stars are born, and while you can't make the stars in the sky, you can visit them through a telescope and bake them in your kitchen!

Activity One – Travel through the Orion Nebula

Explore the Orion Nebula as it is seen through the Hubble Space Telescope:

<https://www.youtube.com/watch?v=fkWrjrdT3Zg>

Activity Two - Bake Star-Inspired Cookies and Decorate Them

With the help of an adult, you can bake and decorate yummy star cookies in your kitchen.



Dr. Jean has shared her favorite sugar cookie recipe:

- Preheat the oven to 350 degrees F.
- Grease two cookie sheets
- With a mixer, cream $\frac{1}{4}$ lb (one stick) of softened butter in a bowl. Gradually add in $\frac{3}{4}$ cup of sugar until light.
- Add one egg, $\frac{1}{2}$ teaspoon of vanilla, 1 tablespoon of half and half and beat thoroughly.

In a separate bowl, mix $1\frac{1}{4}$ cup flour, $\frac{1}{8}$ teaspoon salt, $\frac{1}{4}$ teaspoon baking powder. Slowly add to the first mixture and blend well.

Arrange teaspoon-sized dough on cookie sheets, one inch apart. Bake for 8-10 min or until lightly browned. Makes about 35 cookies.

Let the cookies cool before you remove them from the sheet. Dr. Jean prefers her cookies plain, but here are some ideas to decorate your cookies to look like the Sun.

https://sunearthday.nasa.gov/2007/materials/solar_cookie.pdf

For other fun activities including virtual tours of the night sky and Dr. Jean telling her story about Hercules, check our UWM Planetarium website:

<https://uwm.edu/planetarium/>

