

Fun Food Experiments For Kids

Experiments using food are a great way to teach children about science. Try these fun food experiments with the children in your care.

Does It Dissolve?

Children will enjoy predicting, stirring, and watching to see if food dissolves in water. You will need different food items to experiment with, clear containers, and water.

1. Explain to the children that dissolve means when something breaks down into pieces so small that you can't see it anymore.
2. Choose several different food items for the children to experiment with. Ideas of foods to try include flour, salt, rice, sugar, cocoa, oats, cornmeal, and sprinkles.
3. Have the children predict if the food item will dissolve in water. Then place the food in a clear container filled with water, stir, and watch to see if it dissolves.

Source and photo: handsonaswegrow.com



The Floating Egg

This is a simple and inexpensive experiment to determine if eggs are more dense than water. You will need two eggs, water, salt, and two clear glasses.



1. Tell the children the meaning of density. Explain that when things are more dense than water, they sink, and if they are less dense than water, they float.
2. Have the children predict whether or not an egg will float in a glass of plain water and a glass of salt water. Also ask if the results will change if more salt is added to the salt water.
3. Place one egg in a cup of plain water and one in salt water. As more salt is added, the egg continues to rise to the top.
4. The results show the egg is more dense than plain water, but with enough salt, the egg is less dense than salt water.

Source and photo: nerdybaby.blogspot.com

Colorful Celery

This colorful experiment with food shows how water helps plants grow. You need clear glass containers, fresh celery stalks with leaves, water, and food coloring.

1. Explain you are going to discover how plants absorb water to help them grow.
2. Select and separate stalks of celery. The lighter stalks near the center will show the most color. Cut about a quarter inch off the bottom of the stalks.
3. Put 1 cup of water and 3-4 drops of food coloring into each glass container.
4. Place stalks into the water. Using the stalk, stir very gently until food coloring is evenly dispersed.
5. Have the children predict what will happen. Check the celery periodically to watch the celery stalk absorb the colored water and change colors.
6. After a day or two, cut the bottom of the celery to see where the water was transported up into the celery stem.



Source and photo: www.teaching-tiny-tots.com

Raising Raisins

Watch raisins sink and then swim with this fun baking soda experiment. You need a clear pint glass, warm water, a tray, food coloring (optional), raisins, baking soda, and white vinegar.

1. Place a glass half full of warm water on a tray and add a drop of food coloring.
2. Add two heaping teaspoons of baking soda and a few raisins.
3. Add white vinegar to the cup and watch the effect. You should see the raisins begin to rise and fall.
4. Explain that combining vinegar and baking soda form carbon dioxide bubbles that surround the raisins. The carbon dioxide is lighter than water and makes the raisins start to float. When the bubbles pop, the raisins starts to sink again.



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