



Kitchen Science

Kitchen Chemistry Mix It Up

What you need:

- Small bowl or container for each scientist
- Measuring spoons and eye droppers
- Popsicle stick or similar for stirring
- Cups with small amounts of kitchen ingredients, such as cornstarch, lemon juice, vinegar, water (option to add food color), baking soda, oil, rice. Be sure to stick with edible ingredients! Label them so you don't forget which is which.
- A tray or tablecloth underneath to catch the drips

Things to think about:

- Younger children love to practice using tools to scoop and dump containers. Start by providing small amounts of each ingredient and small spoons. This way they can keep practicing these skills over and over, and they can discover the fun of observing what happens as they go.
- Older children might like researching the ingredients to learn more about their reactions.
- There's no wrong way to mix it up! Notice what captures your child's curiosity. It could be using tools, measuring ingredients, describing what you notice, pretending, or something else. Following your child's lead allows them to be the scientist!
- Always supervise children when using household items for science experiments. Be sure to stick with edible kitchen ingredients and check for adverse reactions before adding in anything new.

What you do:

1. Scoop or drip different amounts of the ingredients into your container.
2. Observe and describe what happens when the ingredients get mixed up.
3. Older children might like to document their experiments using the recipe card on the next page.
4. What will you name your new concoction?
5. Empty your container into the sink and start a new mixture.



My Mix it Up Recipe

Experiment number _____

Measurement

Ingredient

What happened when I mixed them:

My Mix it Up Recipe

Experiment number _____

Measurement

Ingredient

What happened when I mixed them: