

Kitchen Science and Mysterious Food Experiments

Activities Exploring the Science of Cooking

- [The Science of Food](#). This website introduces the science of different foods and several science-based recipes to try. www.exploratorium.edu/food
- [Cooking questions and activities](#). This website has dozens of fun food and cooking questions, answers, and “Try It Out” cooking activities. <https://wonderopolis.org/wonders?q=cooking>
- [Make Sugar Crystal Rock Candy](#). Make rock candy and learn about crystal formation. <https://bit.ly/2WSwFey>
- [Make ice cream in a bag](#). <https://sciencebob.com/easy-to-make-ice-cream-in-a-plastic-bag/>
- [What happens to sugar when it dissolves?](#) Do the “Try It Out” activities and read the science explanation. <https://wonderopolis.org/wonder/What-Happens-to-Sugar-When-It-Dissolves>

Design Challenge

- **How to make a solar oven.** Two ways to make and cook with a solar oven, using a cardboard box, foil, and plastic wrap. <https://climatekids.nasa.gov/smores/> OR www.education.com/science-fair/article/design-solar-cooker/

Mysterious Food Experiments

- [Milk Color Explosion](#). Some very unusual liquid movements take place when you mix a little milk, food coloring, and a drop of liquid soap. www.stevespanglerscience.com/lab/experiments/milk-color-explosion/
- [Colorful Candy Science Kitchen](#). Use Skittles and M&Ms to do chromatography to separate the colors and to float the letters. www.stevespanglerscience.com/lab/experiments/candy-kitchen-science/
- [Strawberry DNA](#). Extract and isolate DNA from strawberries using simple, household ingredients. www.stevespanglerscience.com/lab/experiments/strawberry-dna/

Food Wonderings

- [Why Eat A Rainbow! \(PDF\)](#) Tips and ideas to get your kids thinking about different colored foods and how they help our bodies stay healthy and strong. <https://bit.ly/2YWulpg>
- [How Do Bees Make Honey?](#) (videos) Learn how bees make honey. Do the extensions to learn more about bees. Find out if there are different kinds of bees. <https://mysteryscience.com/mini-lessons/honey-bees#slide-id-6490>
- [What’s the difference between a fruit and a vegetable?](#) (video, 1.04 min) Figure out how a fruit is different from a vegetable, scientifically speaking. Investigate and compare several fruits. www.livescience.com/33991-difference-fruits-vegetables.html

Resources

- [Learning in the Kitchen: Math, Literacy, and Science For Kids](#) (article) How to use cooking to practice other valuable skills. <https://bit.ly/3dyn6lj>
- [10 Ways to Teach Math & Science While Cooking TDay Dinner](#) (article) What kinds of lessons can you teach your kids in the kitchen as they learn how to cook? <https://bit.ly/2WPagFZ>
- [Why You Should Teach Your Kids to Cook](#) (article) This article describes how cooking can help your child practice science, math, and more while making memories with you in the kitchen. <https://time.com/5744409/teach-kids-to-cook/>
- [Teaching Kids to Cook](#) (article) Skills and suggestions separated by age group; includes basics of food safety and cooking safely with kids. <https://bit.ly/2YQG9cJ>

These and more at <http://csencolorado.org/> Family and Caregiver Investigations.