

Wee Play & Learn



Wee Mentors(6+ years):
Kitchen Science -
How Does Food Change



What You Need:

- A chart that outlines food that is being tested.
How does the food look before it's cooked?
How does the food look after it's cooked?
- Food to test: spinach, pasta, carrots, eggs, popcorn kernels
- Pencil/pen
- Paper plates to see before and after



What To Do:

1. Create a chart for your child(ren) that has three columns: first column would have 'Food being tested' second column would have 'How does the food look before it's cooked', third column would have 'How does the food look after it's cooked' (you can use the chart on the next page).
2. Lay out all the food that is to be tested on plates and have your child(ren) come into the kitchen to start the testing.
3. Go over the safety rules of the kitchen prior to beginning the activity – no touching knives, watch for hot water, etc.
4. Ask them questions prior to starting the activity- "what does it look like now", "what do you think it will look like after", "how long do you think we will need to cook"
5. Cook each food separately, and throughout the process see if their predictions are true or not by asking questions
6. Let the children document their findings on the chart, and when all the testing is done sit down and discuss.
7. Let the children use all their senses (touch, taste, feel, hear, and smell) when doing this experiment.

<https://bit.ly/2Hz96PO>

Scientist Name: _____

Experiment Date: _____

How does food change when it's cooked?

List the type of food you are testing.	Describe the food before it's been cooked.	Describe the food after it's been cooked.