

Experiments for clever foodies

Colored water



Have you ever noticed that you had colored hands after preparing or eating fruits or vegetables? Red cabbage dyes your skin red or purple and blackberries dye your skin almost black – but only if you cut the red cabbage leaves or crush the blackberries. This allows plant juice to come out, along with all the nutrients it contains. Try an experiment to show why this is something you should think about when cooking!



You need:

- 2 small fresh beetroots
- 1 kitchen knife
- 1 cutting board
- 3 small glass bowls
- cold water

To be able to taste the results of the experiment, make sure you wash the beetroots well and use clean kitchen utensils.

Here's how it's done:

- 1 Wash the beetroot.
- 2 Place one full beetroot in a bowl.
- 3 Cut the other beetroot in half. Put one half in the second bowl.
- 4 Cut the other half into very small pieces. Put this in the third bowl.
- 5 Pour the same amount of cold water into each of the three bowls and wait a few minutes.

What do you notice?

Happy experimenting!

Other things you could investigate:

- Do the same experiment but cook the whole beetroot, the half beetroot and the small pieces for about 5 minutes. Ask an adult for help using the stove.
- Vary the amount of water in the experiment described above.
- Ask somebody who likes cooking to tell you when you can use water that has been used for cooking vegetables to make a sauce, or similar. Try it out.

Did you know?

The smaller you cut up fruits and vegetables, the faster the nutrients enter the water – when washing or cooking fruits or vegetables. Healthy nutrients can be lost in this process. That's why you should always wash lettuce leaves or fruit before cutting them. As a general rule: cook vegetables in the smallest possible amount of water.



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To mark the 20th anniversary of the company's hands-on labs for children, BASF developed the "Clever Foodies" workshop themed around healthy nutrition with fruits and vegetables. The workshop is hosted for elementary school children around the globe. Find more experiments to do at home at: www.basf.com/clever-foodies