



## Cabbage Experiment

### To make the cabbage water, you will need:

- Red cabbage
- Knife
- Bowl
- Boiling water
- Strainer/sieve
- Jug



**Make sure you ask for help or permission from an adult before starting this activity!**

### Instructions:

1. Boil your water in a kettle or on the stove.
2. While your water is boiling, cut the cabbage into small pieces and place in a bowl.
3. Add the boiling water to the cabbage, and let it sit for 15 minutes.
4. After 15 minutes, pour the cabbage water through a strainer/sieve into a jug.
5. Your cabbage juice should be purple, and ready to use!

**Experiment with your cabbage water and some household liquids or powders. Watch what happens and record your findings!**

You could try:

- Vinegar
- Bleach
- Bicarb soda
- Washing powder
- Lemon juice
- Water

### What's happening?

Cabbage juice is a natural pH indicator, which means it can tell the difference between things that are an acid (like lemon juice) and things that are an alkaline/base (like bicarb soda). Cabbage juice turns **red** when it meets an acid, and **blue** (or sometimes green or yellow) when it meets an alkaline.

