



SPUD SCIENCE

Observe the reaction of the potatoes in each type of water to see the effects of hydration vs. dehydration!

MATERIALS:

1 potato • 3 small saucers for water • Salt • Sugar • Help from a parent or guardian!

STEP BY STEP:

First have an adult cut the potato into three even strips. Leave the potato skins attached! Then add water to each saucer. Make sure it is enough water to cover the entire piece of potato. Label one **plain**, one **salt**, and one **sugar**.

Next, add salt to the saucer labeled **salt**. Make sure it is at least two tablespoons and stir until it is completely dissolved.

In the third saucer labeled **sugar**, add the same amount of sugar as you did salt.

Leave the first saucer with plain water!

Now add your potato pieces! Leave the potato piece alone in the different types of water for 1-2 hours, then come back and observe!

FOODFOR THOUGHT:

What do you observe?

Why is the potato in plain water different from the ones in sugar and salt water?

What do you think would happen if you placed the salt water potato back into plain water?

BONUS: Make a connection! After playing outside for an hour, would soda or water hydrate you faster?

DID YOU KNOW...

Humans are made up of about 60% water! Water is what helps make up large portions of our skin, internal organs, and brain. When we are in hot environments or participating in activities that make us sweat a lot, we lose some of that water and need to replenish it. If not, we can get cranky, tired, or even dizzy! That's why it's important to always stay hydrated to make sure our bodies are working properly.