

# Fabulous Fizzing Fruits



## You will need

- Kitchen Utensils (including a large baking tray)
- Fruit (various, but lemons are really good)
- Washing Up Liquid
- Bicarbonate of Soda
- White Vinegar
- Food Colouring (optional)
- Eye Protection (Glasses or Swimming Goggles)
- Apple or Orange Juice or Plain Yoghurt

## Before you begin

This activity is a scientific experiment and an adult must help you to complete the challenge.

## Have a go

1. Prepare fruit by slicing off the top and scooping out the fruit pulp (set it aside, far away from the experiment).
2. The cavity needs to be big enough to hold the ingredients of the "volcano mix".
3. Place the prepared fruit on the baking tray and add:
  - 2 teaspoons of Washing Up Liquid
  - A few drops of Food Colouring
  - 2 or 3 teaspoons of Bicarbonate of Soda
4. You should now stand back and an adult (wearing eye protection) should add a White Vinegar to the fruits 1 or 2 drops at a time until it reacts.
5. Stand well back and watch the volcano erupt.



## Additional Information

The fruit that is scooped out and not used in the experiment, could be used to make a smoothie drink.

Blend the fruit pulp with either apple or orange juice or even yoghurt to taste. DO NOT use any fruit from the volcano !



## Reflection

This activity needed you to use science skills, including following instructions and observing the results.

- Did any of the fruits make better volcanos?
- What happens if you change the amount of some of the ingredients you add to the fruits.
- What was the best smoothie combo you made?



## Safety

Chemical reaction – make sure you do this activity in a well-ventilated room and be aware of medical conditions which could be affected by the ingredients. Make sure an adult helps you with this activity. Make sure you protect the surface you are working on with newspaper or other covers to prevent damage. Take care when using knives or ask for help from an adult.

All Activities are taken from the Scout Association's Great IN Doors programme.