



## February Science Challenge

### Homemade slushy

You may need adult help for this

#### Resources:

- Ice
- Salt
- 1 small resealable plastic food bag
- 1 larger resealable plastic food bag
- Fruit juice/smoothie
- Cup or glass
- Towel



#### Instructions:

1. Half fill the small food bag with your choice of drink and seal it well.
2. Half fill the large food bag with ice and sprinkle 2 tablespoons of salt over the ice and mix well.
3. Place the bag with your drink inside the ice and salt bag. Gently roll the salt mixture around it. If the bag gets too cold to touch, cover it with a towel so you can keep rolling the ice around.
4. After a few minutes, the juice/drink will turn into slush!

Please send a photo on Class Dojo to your teacher. All entries will receive a sticker.

#### The Science:

Salt lowers the freezing point of ice, which makes it melt. The more salt you add, the lower the freezing point (up to a point, it won't keep going down). For the ice to melt, heat must be absorbed from the juice and this causes it to freeze.

## Science of the Month

### Healthy living



#### Choose one of the following topics to investigate:

1. Compare the differences between our lifestyle now and the past (e.g., Victorians, Romans, Egyptians).
2. Find out the 5 different food groups. Can you give an example of a food from each group?
3. How can a lack of sleep and poor nutrition affect our bodies?