



6-7 YEARS | WEEK 31

Science - Food

1. Kitchen experiments

2. Kitchen experiments

3. Kitchen experiments

4. Logic puzzles - Feast time

5. Name the vegetables

6. Name the vegetables

7. Name the fruits

8. Name the fruits

9. Name the fruits

10. Cross the odd one out

11. Healthy food

12. Identify

13. Bird food - Bird watching

14. Write a recipe - Kitchen skills

15. Food we cook

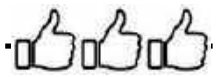
16. Food we eat raw

17. Food we get from plants

18. Food we get from animals

19. Food for different people

20. Food - Japan



KITCHEN EXPERIMENTS

Let's find out why apples turn brown?

Apples



Salt water



4 Cups



Lemon juice



Milk



Apple slices



Vinegar

Pour each liquid (salt water, lemon juice, milk & vinegar) in separate 4 cups.

Label each cup with the name of the liquid inside it.

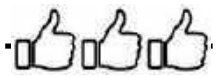
Place an apple slice in each of the cups.

Wait a few minutes and take out the apple slices.

Place the apple slices on a plate for 5 hours.

Write down your observations while doing this experiment.

Which slice turned brown faster?



KITCHEN EXPERIMENTS

Make a Skittles Rainbow



Skittles Rainbow



Skittles candy



A white plate



Hot water (take help from an adult)

Arrange the skittles in a rainbow color sequence and carefully pour hot water in the center of the plate.



The colored coating on the skittles is made of sugar, that dissolves in hot water and creates the effect of a rainbow.

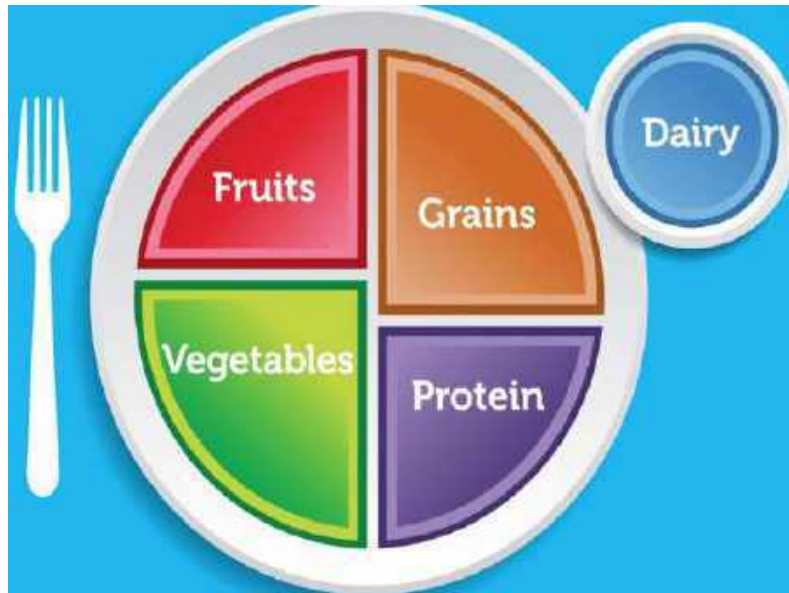
Write down your observations.



KITCHEN EXPERIMENTS

Make a healthy plate

Let's write down healthy foods that have the following nutrients.



	Nutrient Names	Food Names				
		1	2	3	4	5
1	Proteins					
2	Carbohydrates					
3	Vitamins					
4	Iron					
5	Calcium					
6	Fats					

Fill your plate with
healthy &
nutritious food.

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