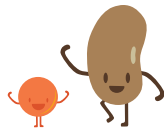


# DANCING BEANS



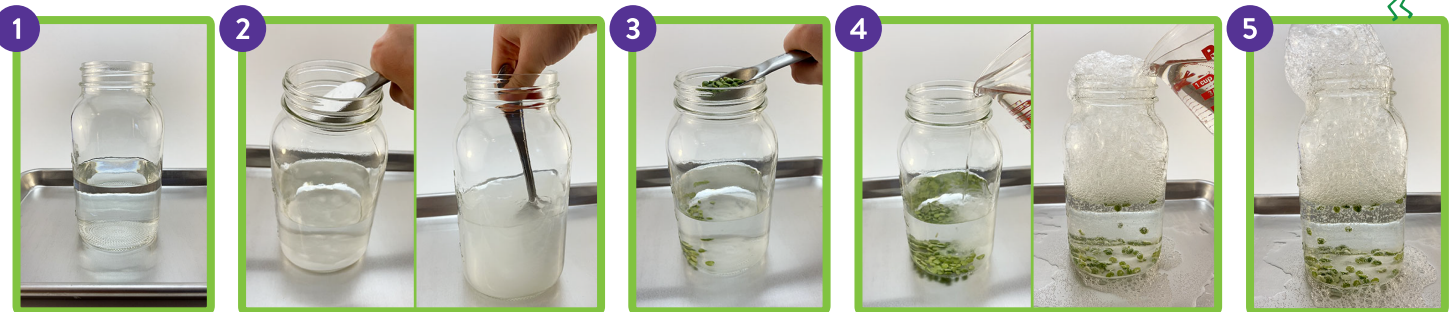
## WHAT YOU NEED:

- Large, clear jar, cup or container
- Warm water, about 2 cups
- White vinegar, about 2 cups
- Baking soda, 2 Tablespoons
- 1 Tablespoon measuring spoon
- 1 Cup measuring cup
- Sheet pan or tray
- Dried beans or lentils: you can use any type and only need a few, but could have up to about a tablespoon



Be sure to ask an adult for help and permission before trying out this activity!

## STEPS:



**1** Add about 2 cups warm water to a clear jar or cup. Put the jar on a sheet pan or tray to catch overflow.

**2** Add 2 Tablespoons baking soda to the warm water and stir until dissolved.

**3** Add a few dried beans or lentils to the jar. They will sink to the bottom.

**4** Slowly pour in white vinegar, up to about 2 cups. There will be some bubbling overflow!

**5** Keep your eyes on the beans as they start to “dance!” Up and down they go!

## DO ALL BEANS DANCE THE SAME?



Try using different shapes and sizes and see if some “dance” more than others!

*What's happening in this experiment? When an acid (vinegar) is mixed with a base (baking soda), a gas called carbon dioxide is formed and makes the bubbles and the overflow! The bubbles lift up the beans and as the bubbles pop, the beans fall down, making them “dance!”*

HealthPartners

**powerup**