

## KITCHEN SCIENCE: LET'S EXPERIMENT

# incredible shrinking spinach

What happens if you heat fresh spinach leaves? Let's find out.

STEP 1: **Measure** 2 cups of raw spinach.

STEP 2: **Smell it. Taste it.** Report your findings in the experiment log below.

STEP 3: **Heat** pot on medium-low (with the help of an adult), then **pour** the 2 cups of spinach into your pot.

STEP 4: **Stir** with a spatula for 3-5 minutes. Remove from heat and let cool.

STEP 5: When cooled, **measure** spinach again. Then report what happened by answering the questions in the experiment log.

### EXPERIMENT LOG

1. **Measurement** - What happened? After heating, did the spinach measure more, less or stay the same?

More     Same     Less

2. **Smell it** - Does it smell different cooked than raw?

Yes     No

Which do you like better?

Raw     Cooked

3. **Try it** - Does it taste different cooked than raw?

Yes     No

Which do you like better?

Raw     Cooked



### SAFETY FIRST!

Power chefs always ask an adult before using knives, appliances, the stove, the oven or hot ingredients.



Answer: Leafy greens shrink when heated because they have a lot of water in them which evaporates from the leaves when cooked.