

Mad Food Science

An Apples Life



Fun Food Experiments with Belinda Smith.

Apples are wholefoods. They are taken directly from where they are grown and don't have any extra ingredients added to them to preserve them. In this Mad Food Science experiment, you will learn what happens to real food such as an apple when it is open to the air.

Experiment Overview

Take a bite from an apple and then observe what happens to this real food if left out for a week. Understand how when real foods are untampered with, they have a limited shelf life. How does this compare to packaged food do you think?



Apples are real foods

Preparations

- An apple
- A plate
- Small amount of bench space
- Observation Report (attached)

Method

1. Take an apple. Record your answers on the first part of the Observation Report
2. Now take a bite out of the apple and place it on a plate. Record your response answers on the first part of the Observation Report
3. Leave the plated apple on a bench (ask mum where you can leave it). Every 2 days for the next week, record what is happening to your apple on the Observation Report
4. Submit your Observations and photographs to belinda@therootcause.com.au

The Mad Food Science Experiments are brought to you by Bel Smith, Health & Wellness Coach. For more Mad Food Science Fun, FREE recipes & tips, join our community at therootcause.com.au

An Apples Life Observations



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Your Name: _____ Age: _____

Experiment Start Date: ____/____/____

Your Initial Observation and Prediction

1. Describe how the apple looks, smells and feels like before the experiment? _____

2. What did your apple taste like after you took the bite out of it? _____

3. What do you predict your apple will look and smell like at the end of this experiment? _____

Your Observations

1. Use your table below to record your observations

| Day of experiment | What it looks like | What it smells like | What it feels like |
|-------------------|--------------------|---------------------|--------------------|
| End of Day 1 | | | |
| End of Day 3 | | | |
| End of Day 5 | | | |
| End of Day 7 | | | |

2. What do you think would happen if you opened a packet of crackers or chips, then left them on the bench? Why do you think this would happen? _____

Be sure to return your Mad Food Science Experiment Observations to
belinda@therootcause.com.au

