

Grow your own Edible Crystals

You will need:

This will be enough for 3 jars

- 4 cups sugar
- 1 cup boiling water
- Food colouring (optional)
- 3 jars (or glasses)
- Thread or string
- 3 skewers, straws or pencils



1. The day before starting your sugar experiment, cut a piece of string a little longer than your jars. Tie one end of the string to a straw (skewer or pencil) and tie a knot in the other end. Wet the string, coat in sugar and leave it to dry overnight.
2. The following day, add four cups of sugar to one cup of water and heat in a pan until boiling. Add the food colouring at this point if you're including it. Stir the sugar until it has dissolved.
3. Remove from the heat and leave it to cool slightly.
4. Pour the mixture into your jars – lower in the string and leave in a safe place.
5. Let the sugar crystals form for at least a week.
6. Once they have grown as big as you want them, leave to dry for several hours.

THE SCIENCE

You've created a super-saturated solution containing more sugar than could be dissolved in water under normal conditions. The sugar molecules bump into each other and start sticking together. When you give the sugar molecules something to cling too (in this case the string), they form into crystals faster.



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