

MILK COLOR

SWIRL

MAKE YOUR MILK DANCE
IN A SWIRLING RAINBOW!

SUPPLIES:



Whole milk
(lowfat or fat free will not work)



Small pan, at least 3" deep



A small bowl or cup



Food coloring



Dish soap



Cotton swabs or toothpicks

INSTRUCTIONS:

1. MILK IT!

Pour milk into the pan to about 2" high.

2. DOT IT!

Squirt a few drops (it doesn't take much!) of your favorite food color into the milk.

3. SOAP IT!

Squeeze small drops of dish soap on top of the colors and watch them dance.

4. SWIRL IT!

Dip a cotton swab or toothpick in a small bowl of dish soap. Lightly tap the colors or slowly swirl to make your own design.



DAIRY COUNCIL
OF FLORIDA

For more information, visit FloridaMilk.com/in-the-schools



EXPLAIN IT!

INSIDE MILK THERE IS WATER AND FAT. WHEN YOU ADD DISH SOAP, THE SOAP MOLECULES BOND WITH MILK'S FAT MOLECULES. THIS BFF BOND PUSHES EVERYTHING OUT OF ITS WAY, INCLUDING WATER MOLECULES AND FOOD COLOR. THAT'S WHAT MAKES THE COLORS MOVE AND FALL INTO FUN, SWIRLY PATTERNS!

1. WHAT IS MILK MOSTLY MADE OF?

- A. FAT**
- B. PROTEIN**
- C. WATER**

2. WHICH VITAMINS AND MINERALS CAN BE FOUND IN MILK?

- A. CALCIUM & VITAMIN D**
- B. POTASSIUM & VITAMIN A**
- C. ALL OF THE ABOVE**