



## It's being changed

### Observations

When you leave water in the freezer, it changes into ice: it changes from a liquid to a solid. When you take the ice out of the freezer, it changes back into water. When you cook an egg, it changes from being runny to being a solid. You can unfreeze the ice, but you cannot "uncook" the egg. Some changes can go back and forth, others cannot.

### Science activity

Look at this kitchen. Draw a circle around each food item that changes when you heat it, and then changes back again when it cools down. Place an (X) over each food item that changes when you heat it, but does not change back when it cools down.



### Science exploration

- 1 Take extra care - ask an adult to supervise you. Make some Jell-O with the help of an adult. Next, make some whipped cream. Can either of these foods change back into a liquid again?