



## 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 soften 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 explanation

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?