

WHAT IS A SERVING?

A 5 A DAY SERVING SIZE IS SMALLER THAN YOU THINK.

1 medium-size fruit ■ $\frac{3}{4}$ cup (6 oz.) of 100 percent fruit or vegetable juice ■ $\frac{1}{4}$ cup of dried fruit

$\frac{1}{2}$ cup of cooked, frozen, or canned vegetables or fruit ■ 1 cup of raw leafy vegetables

$\frac{1}{2}$ cup of cooked dry peas or beans ■ $\frac{1}{4}$ cup of dried fruit

VEGGIE SCIENCE EXPERIMENT

HOW DOES THE WATER GET FROM THE
ROOTS TO THE LEAVES OF PLANTS?

Materials needed: celery, three cups, red and blue food coloring, water, knife



EXPERIMENT ONE

With the help of an adult, pick a stalk of celery with leaves; cut an inch off the bottom. Place the end of the celery in a cup $\frac{3}{4}$ filled with water and food coloring added to it. Check the cup several times during over an hour.

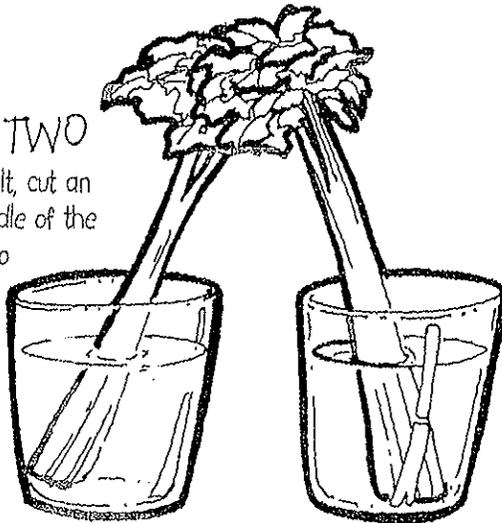
1. What happened to the celery?

EXPERIMENT TWO

Pick another celery stalk and with the help of an adult, cut an inch off the bottom. Make a 4-6 inch slit up the middle of the stalk to about an inch below the leaves. Add water to two cups about $\frac{3}{4}$ full. Drop red food coloring in one cup and blue food coloring in the other cup. Place one half of the celery stalk in the cup with the red food coloring and the other half in the cup with the blue food coloring. Leave overnight.

1. What happened to each stalk?

2. What happened to the top of the stalk and the leaves?



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