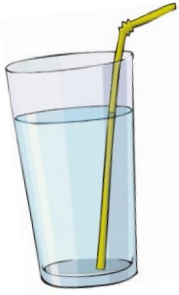


Drink Water! Stay Hydrated!



Drinking water helps...

- Energize your muscles
- Improve your mood
- Flush toxins out of your body
- Boost your immune system
- Improve your complexion
- Regulate your body temperature



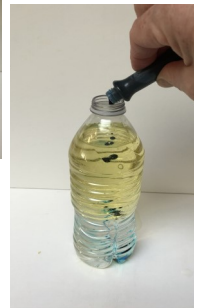
Drink the water and use the bottle for a fun experiment!

Make a Lava Bottle

Supplies Needed:

- Vegetable Oil
- Funnel
- Food Coloring
- Measuring Cup
- Tap Water

**Water Bottle
Provided**



Instructions:

1. Drink the water in the bottle! Next, measure 1 1/4 Cups of Vegetable oil and pour in bottle using funnel.
2. Next measure 1 cup tap water and pour in the bottle using the funnel. Then add 10-15 drops of food coloring to the bottle.
3. Now, screw the lid on tight and shake the bottle.

What happens? Why does the oil and water not mix? What happens to the food color? Everything is made of tiny molecules, water molecules are polar, which means they are like magnets and attract the molecules of the food coloring. Oil is a non-polar substance, which means it moves away. Water also has a higher density than oil, meaning it weighs more than oil. Water sinks to the bottom while oil pushes away and floats to the top.

