

THE BALLOON & YEAST EXPERIMENT

Time 30 Minutes

Objective

Children will learn all about yeast and why it is important when making foods such as bread!

Supplies

- A packet of yeast
- 1—473 mL clear empty bottle
- 1 teaspoon of sugar
- Warm water
- Balloon

Location

Any location

Preparation Talking Points

- 1 Yeast is a living microorganism.
- 2 Yeast eats sugar and releases a gas called carbon dioxide.
- 3 The yeast creates tiny gas bubbles and that is why bread has so many holes!
- 4 Ask the group, what do you think is going to happen to the balloon? Listen to a few of their ideas. If needed, you can explain that the carbon dioxide should start to fill up the balloon!

Directions

- 1 Fill the bottle up with about one inch of warm (not hot) water.
- 2 Add the whole packet of yeast to the bottle and gently swirl for a few seconds.
- 3 As the yeast dissolves, it comes to life!
- 4 Add the sugar and swirl it around some more.
- 5 Blow up the balloon a few times to stretch it out then place the neck of the balloon over the neck of the bottle.
- 6 Let the bottle sit in a warm place for about 20 minutes.
- 7 The balloon should start to inflate.

Optional

If you have extra supplies, you can follow the above steps again but don't add in the sugar. This balloon should not inflate and it can be used as a control to show how important the energy (sugar) is in this experiment.