

Have a go at this

Activity: Let's mix and make

Learn how to mix and make a salad dressing.

First view the *Cooking with Kids, Inc.* video [How to Make Salad Dressing - for Kids! \(2:29 min\)](#).

In science, 'a mixture' refers to a material that is made up of two or more substances.

For this activity you will need 2 plastic cups, a handful of strawberries, cherries, grapes, or other available fruit, half a cup of vanilla yoghurt and a sprinkling of cinnamon.

Observe the colour, smell and texture of each ingredient.

Predict what each ingredient will do when added together to create a mixture, as demonstrated in the video.

Reflect on your predictions and observations and answer questions like:

- *Were they similar or different?*
 - *How is it similar to ... ?*
 - *How is it different from ... ?*
 - *What might this mixture be used for?*
 - *Does it remind you of other mixtures? What are they called? What are they made up of?*

Extension challenge: create flavoured butter.

Experiment with mixing butter or cream cheese with a variety of herbs, crushed nuts and spices.

(For example, freshly chopped chives, parsley, thyme, basil or fennel, breadcrumbs, paprika or crushed nuts).

Experiment with adding flavourings by flattening some butter into a rectangle on a sheet of greaseproof paper, sprinkling the flavourings over the top and rolling up the butter to form a cylinder. Wrap up the cylinder and store it in a freezer to set and then slice before using it.

