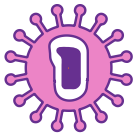




Yeast Races



Label one of your plastic cups **A** and one **B**



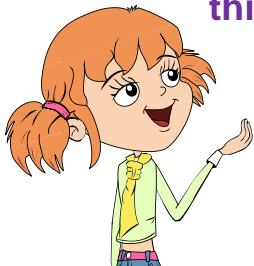
Add **4 dessert spoons of flour** (ideally self-raising) to the cups



Add a sachet of yeast or a heaped tablespoon to plastic **cup A** and **slowly add warm water** and stir - until it has the consistency of a thick milkshake. This is your control.



Add the same amount of **yeast, warm water and your chosen sugar solution** (a heaped dessert spoon) to plastic **cup B** and **stir** - until it has the consistency of a thick milkshake. This is your variable.



Measure the starting height of **cup A** and **record**. Measure the starting height of **CUP B** and **record**.



Record the exact **height** of the dough in each cup every 3 minutes up to 20 minutes. Compare which one has raised the most from their starting heights!

Ingredients and Equipment:

1. 2 tall (pint) glasses of the same size
2. Yeast sachets (around 15g)
3. Flour (self-raising works best)
4. Warm water (the warmer the better!)
5. Your chosen sugar solution: any sugar, sweetener, syrup, jam or honey!
6. A spoon or straw to stir
7. A ruler and timer to record your results!

