

SCIENCE BIRTHDAY PARTY PACK

Want to get healthy fun down to a science? Explore this science party pack! Experiment with a delicious recipe, unique activity and downloadable decorations.



SCIENCE RECIPE

Proton Potion

Get bizzy makin' this fizzy, delicious drink!

INGREDIENTS

- Watermelon
- Honeydew
- Cantaloupe
- Water (tap water OR sugar-free sparkling water)

INSTRUCTIONS

1. Slice open the melons, then scoop out little teaspoon-size balls. (Use a rounded measuring spoon to form them, or your hands if you need to!)
2. Set the melon balls on a cookie sheet lined with foil.
3. Freeze for 1 hour.
4. Drop them into some water (either a pitcher or individual glasses) and enjoy!



Experiment with more healthy adventures at

SCIENCE ACTIVITY

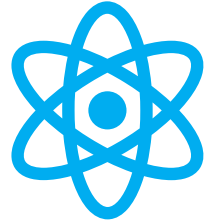
Water Rockets

YOU WILL NEED

- 2 liter bottle of seltzer water
- 1 pack of Mentos (original mint flavor)
- A place where you can get messy

EXPERIMENT STEPS

1. Place the bottle of seltzer water on a flat surface.
2. Open the bottle, and drop the Mentos in.
3. Stand back, and watch it spray into the air!



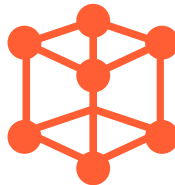
BEFORE YOU EXPERIMENT

Have all of the kids make a hypothesis. Tell them you'll be placing the Mentos into the bottle, then have them guess what will happen next!

Frozen Blueberry Molecules

YOU WILL NEED

- Blueberries
- Low fat yogurt
- Cinnamon - desired amount
- Toothpicks



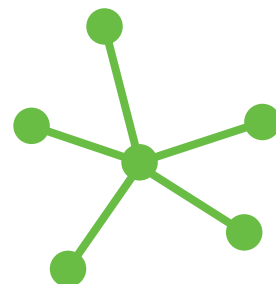
BEFORE THE PARTY

Make some frozen yogurt berry bites.

1. Place your blueberries with a generous scoop of plain yogurt in a bowl.
Add a dash of cinnamon.
2. Then place the dipped blueberries on parchment paper and place in the freezer for 1 hour.

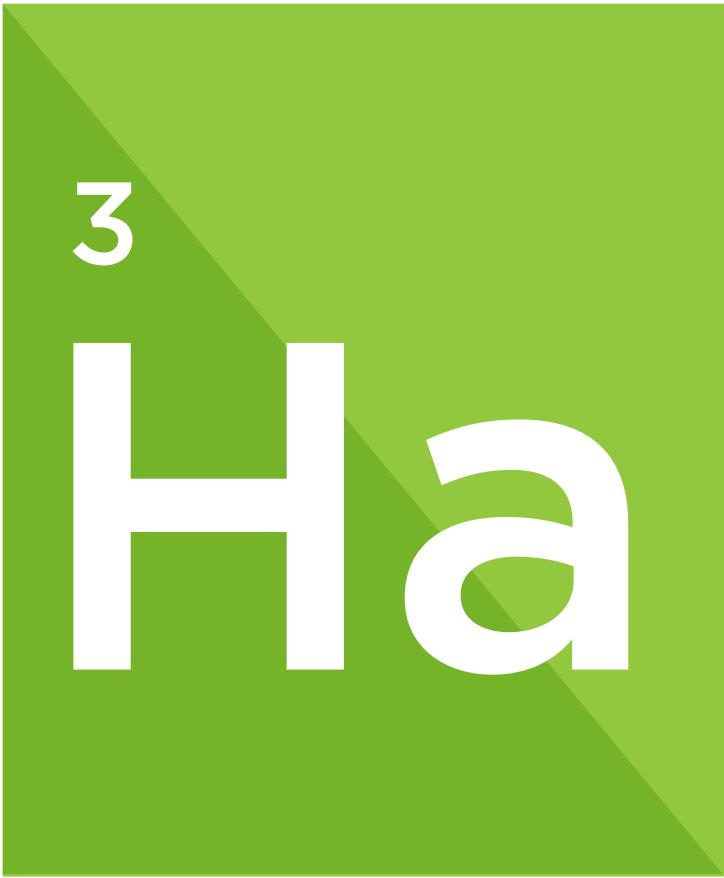
AT THE PARTY

Have a table set up with the frozen berry bites and tooth picks. Have all of the kids make molecule models by connecting the berries with toothpicks.



SCIENCE DECORATIONS

Add an element of surprise to the party with this cool Happy Birthday banner!



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