

Cooking Chemistry

Activity 7—M&M Rainbow

Materials Needed:

- M&Ms
- paper plate
- cup of water



1. Start by putting some M&Ms onto a plate; in a circle or make your own design.



2. Gently add enough water to the middle of the plate until the water is touching all the M&Ms. Be careful not to add the water too roughly or it will cause some of the M&Ms to move out of the circle or whatever design you come up with.



3. Magic happens! Over the next few minutes, a beautiful rainbow will form.



STEAM Connections:

Why don't the colors mix? The colored coating of M&Ms is made of sugar, which dissolves in water. As the water moves around the plate, the colored sugar moves along with it, creating patterns and rainbows. Notice how the primary colors mix to create new colors. Try other candies like Skittles with hot water and see what the reaction will be?

Other Resources:

Check this video out:

<https://www.giftofcuriosity.com/mm-science-rainbow-steam-for-kids/>

Check these books out for more science fun:

- [Awesome Science Experiments for Kids: 100+ Fun STEAM Projects & Why They Work](#) by Crystal Chatterton, Rockridge Press, 2018.
- [Kitchen Science Experiments: How Does Your Mold Garden Grow?](#) By Sidipta Bard-Quallen, Sterling, 2010.