

# pH Indicating Solution Instructions



## Method 1

1. Purchase (buy) 1 small purple (red) cabbage.
2. Chop up the cabbage into small pieces.
3. Place all the chopped cabbage in a saucepan and add 2 cups of water.
4. Boil for 15 minutes
5. Let cool for 15 minutes
6. Strain the juice into a jar.
7. Eat the cabbage with butter!
8. Divide the juice into 3 or 4 small jars
9. Refrigerate, but bring 1 jar to school tomorrow!

## Method 2

1. Put half the cabbage in a blender filled half full with water. **Liquefy** it!
2. Pour the purplish cabbage liquid through a strainer to filter out all of the big chunks of cabbage.
3. Follow steps 8 and 9 of Method



1.