



Will this stain my kitchen? And other critical cabbage conundrums.



Will this stain my kitchen?

Nope! Cabbage pigment is easily washed away with soap and water.



As an adult, how can I be most supportive?

Help young scientists identify and gather a wide variety of materials. Then, set them up to explore independently. At the end, ask them to tell you about their favorite paints and how they were created.



How bad will my house smell?

While boiling, your kitchen will definitely smell of cabbage. If anyone in your house is sensitive to strong odors, consult with them before you start and consider opening windows and using a fan.



We got a different result than expected! Now what?

Surprises are half the fun! Remember that lots of factors might affect your paint colors, from the chemistry of your water to your particular ingredients. Science is all about learning from trying things. See if you can discover something valuable by exploring why it was different.



What can very little hands do to join in?

Once an adult extracts the pigment on a stove, the remaining steps are great for small helpers. Let them mix paint goop or explore the color changing chemistry for instantaneous excitement!



Aren't acids and bases dangerous?

The household ones suggested in the guide are safe to work with. But, if an eager young scientist wants to try out others (there are many!), stay in the safe zone by selecting things that are food safe or safe to come into contact with your skin.



Help! My young scientists asked a question I can't answer!

That's okay! A key part of being a scientist is curiosity and asking questions. See if you can find the answer together and highlight that science and understanding the world are ongoing processes.