



Yeast Races!

What do I need?

- Plastic cups (200ml) (or equal size containers)
- Permanent marker pen
- Ruler or tape measure with a centimeter scale
- Yeast sachets
- Flour
- Water
- Measuring spoons (1/2 teaspoon, 1 teaspoon, 1 tablespoon)
- A variety of 'foods'

Examples of foods for the yeast include:

- White sugar
- Honey
- Golden syrup
- Artificial sweetener
- Salt

But you can use anything you like. Get creative - what about ketchup? Jam? Fizzy juice?

What do I do?

1. Label your plastic cups with the different foods - one cup should be labelled 'control'. This cup will not have any food added to it, so you can use it to compare the other cups against. This will show you how much gas the yeast produces with no food. You can then one or more test cups that you will add 'food' to.
2. Add 4 level teaspoons of flour to each cup.
3. Add 1/2 level teaspoon of yeast to each cup.
4. Add 1/2 teaspoon of your 'food' to the test cup(s). You can do only one food, or several - just make sure to put each new food type in a new cup so they don't get all mixed together.
5. Add 2 level tables of warm water and mix well with a knife or the handle of the spoon.
6. Record the exact height of the dough in each by marketing the outside of the cups with your pen.
7. Place the cups into a shallow basin of very warm water.
8. Measure the height of the dough every 15 mintues for up to two hours and write the measurement down in the table below. You can mark it with your pen to make measuring easier.



Yeast Races!

Type of food in cup:	None (control)
Time (min)	Measurement (cm)
0 (start)	
15	
30 (0.5 hour)	
45	
60 (1 hour)	
75	
90 (1.5 hours)	
105	
120 (2 hours)	

Type of food in cup:	None (control)
Time (min)	Measurement (cm)
0 (start)	
15	
30 (0.5 hour)	
45	
60 (1 hour)	
75	
90 (1.5 hours)	
105	
120 (2 hours)	

Which food made the yeast grow the most? Why do you think that is? Can you make a graph of your yeast's growth?