

Cabbage Experiment Revision 12-14 Human Body

Instead of using the cabbage powder to make the red cabbage indicator, you will use real red cabbage to create the indicator instead.

Making the Red Cabbage Indicator

1. Cut up red cabbage into slices (you want to end up with about 2 cups of cabbage) and place them in a pot.
2. Pour water (at least 3 cups) over the cabbage until it is covered.
3. Heat the mixture on medium to medium-high heat for about 20 minutes. It does not need to boil the whole time.
4. Remove the pot from the burner and allow the contents to cool.
5. Pour the liquid from the mixture into a container. (It may help to use a colander or strainer.) You will need about 2-3 cups of this liquid and it should appear to be a dark shade of blue or purple.
6. Dispose of the boiled cabbage in an outside trash can.
7. This liquid is your red cabbage indicator. Place it in the refrigerator until needed.

Once you have made your red cabbage indicator, follow the instructions in the lesson and perform the experiment. We have also included a few trouble-shooting tips below if you get stuck.

Help! What should I do?

- **My red cabbage indicator appears red:** The pH of tap water will impact the color of your red cabbage indicator. Try using distilled or filtered water\.
- **My red cabbage indicator is not very dark:** Try boiling the cabbage for longer or add more cabbage to the pot to increase the cabbage concentration.
- **I don't see any color change when I blow bubbles into my solution:** Sometimes the color change can take several minutes to see, so be patient! However, if your indicator is too dark and concentrated, it can be difficult to see the color change. Try adding less indicator to the water and perform the experiment again.