

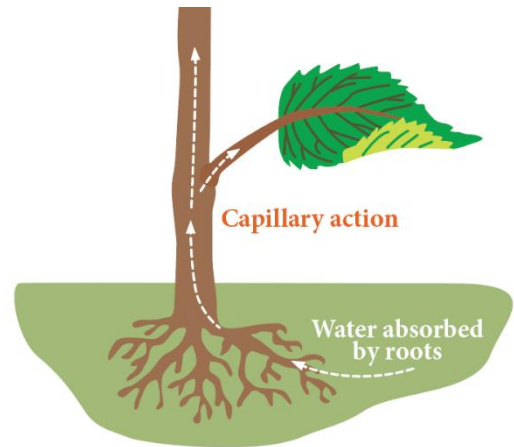


STAY CONNECTED.

STAY CURIOUS.

Defying Gravity

You get nutrients from what you eat and drink. How do plants get the nutrients they need? Plants use **capillary action** to transport water and nutrients up through the plant. Capillary action happens because water molecules are attracted to each other and to the plant tissues, which forces the water to keep moving up the plant. Try the experiment to see how it works!



You'll need:

- 2 similar sized cups, jars, or bowls
- Cup of water
- 2 paper towels
- Food coloring or tea bags
- Optional: clock or stopwatch, camera

What to do:

1. Make colored water by adding the food coloring to water or tea bags to warm water.
2. Fold the paper towel into a long, thin rectangle and then fold the rectangle in half.
3. Place the empty cup next to the cup of water. Put one end of the paper towel in each cup. If needed, cut, or tear the ends of the paper towel so it just touches the bottom of the cups.
4. Observe regularly over the next 2-4 hours. If you have a camera or phone, take pictures every 15 minutes to document the process. What happened to the water?

