

DEFYING GRAVITY!



YOU GET NUTRIENTS FROM
WHAT YOU EAT AND DRINK. HOW
DO PLANTS GET THE NUTRIENTS
THEY NEED?

WHAT YOU'LL NEED:

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| ☐ Tea bag or food coloring | ☐ 2 similar sized cups, jars, or bowls |
| ☐ 2 paper towels | ☐ Optional: clock or stopwatch, camera |
| ☐ Hot water | |



WHAT TO DO:

1. Make colored water by putting the tea bag, which is made from a plant, in a cup of hot water—ask an adult to help! After a few minutes, remove the tea bag and stir. You can also use food coloring to color the 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?

PLANTS DEFY GRAVITY!

Like the paper towels, 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.

