

The Great Egg White Experiment

Objectives

- ❖ Test four different bowls to determine if one bowl is better when beating egg whites
- ❖ Determine what bowl is fastest and provide the most volume when beating egg whites.

Duration

- ❖ 45 min

Material	Quantity
Eggs	4
Glass Bowl	1
Plastic Bowl	1
Stainless Steel Bowl	1
Copper Bowl	1
Hand Mixer	1
Timer	1

Procedure:

1. Explain to your child that whipped egg whites are used in many sweet and savory recipes. They are used to add air into cake batters, meringues, and soufflés.
2. It has been known that copper bowls beat egg whites fastest and provide the most volume. Today we will be testing this out!
3. Ask your child to first make a hypothesis as to which bowl they think will result in the fastest egg whites.
4. Provide your child with the 4 eggs, 4 bowls and 1 hand mixer.
5. Have your child separate the egg whites, placing 1 egg white into each bowl.
6. Discuss safety before using the mixers- no hands should ever go in the bowl!
7. Starting with the glass bowl, set a timer and inform your child to start beating the whites at a low speed (depending on mixer- you will need to decide this speed).
8. When your child thinks their egg whites are complete (egg whites will be done when they have stiff peaks- smooth and glossy and the peaks stay straight up) have them record their finish time for that particular bowl.
9. Repeat step 7 and 8 using the plastic bowl, then stainless steel and then copper bowl. It will be important that each egg is mixed at the same speed to keep the experiment accurate.
10. Record all times and compare results with initial predictions