

The pee laboratory!

Predict the colour...

Mix to remember better

Issue: The colour of urine is the best indicator of good hydration: clear or very light yellow is a very good sign! It shows that the kidneys are working properly, the toxins and waste produced by the body's organs are being removed and the blood cleaned. When the body is less hydrated, this waste is less diluted and colours the urine more which is then darker. To pass on this message visually and interactively, prepare this little fun experiment where the child will try to predict the colour of their urine according to the last meal they have had.

Preparation

- 1 transparent glass per child
- Some water
- 1 pipette
- Some bowls for the ingredients

Ingredients to create the colours

Yellow

Some yellow onion skins and curry powder



Orange

Some carrot or orange juice



Dark orange

Beetroot or black grape juice



You can also use food colourings!

The aim is to mix the ingredients to obtain the 6 colours below:



Clear urine, slightly yellow or transparent



Yellow urine



Dark, orange or dark yellow urine

1.

Heat some tap water and add the yellow onion skins. Leave to cool for a few hours. Remove the skins leaving orange-yellow coloured water. If it is too dark, dilute it with some water to obtain the colour opposite. The basic mixture for the experiment is now ready!



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2.

Give the child the small transparent glass containing this light yellow mixture. Leave some space for liquid additions.



3.

Ask the child about their last meal and suggest adding to their mixture, the following ingredients according to their responses – everything depends on adding the right amount!



VEGETABLES
LEGUMES (lentils, peas, etc.)
CEREALS (rice, wheat, etc.)
FRUITS



Make mixture slightly darker by adding a little curry powder. Mix it properly to dilute it.

MEAT
FISH
PEANUTS
BREAD
MILK AND DAIRY PRODUCTS



Protein content, used by the muscles which produce more waste.
Make it even darker by added a few drop of carrot or orange juice. Use the pipette to add precise amounts!

SUGARY DRINKS
JAMS AND SPREADS
CHOCOLATE AND CHOCOLATE BARS
SWEETS
PASTRIES AND CAKES (sweet and savoury)



Sugar, carbohydrate and fat content which create even more waste.
Make it darker by adding a few drops of beetroot or black grape juice. Here again, the pipette is very useful!

WATER



Add some water to dilute it some more making it nearly transparent.



4.

You now simply have to compare the mixture in the glass with... the next secretion of urine of the child. Now to the toilet. Do the colours match?



This is how to present the little experiment to the child

Your urine, your pee, contains water, but not only... You eat and drink so your body works properly. When your body works, it creates waste that you get rid of when you go to the toilet. The colour of your pee changes a lot depending on what you eat and drink.

How about playing at being a chemist? Let's take this yellow colour to represent pee. Don't worry, it's coloured water... Depending on what you've eaten or drunk just before, you're going to make some mixtures to predict what the colour of you pee next time will be. You will then be able to compare it!

The more water you drink, the more your pee will be clear or transparent!