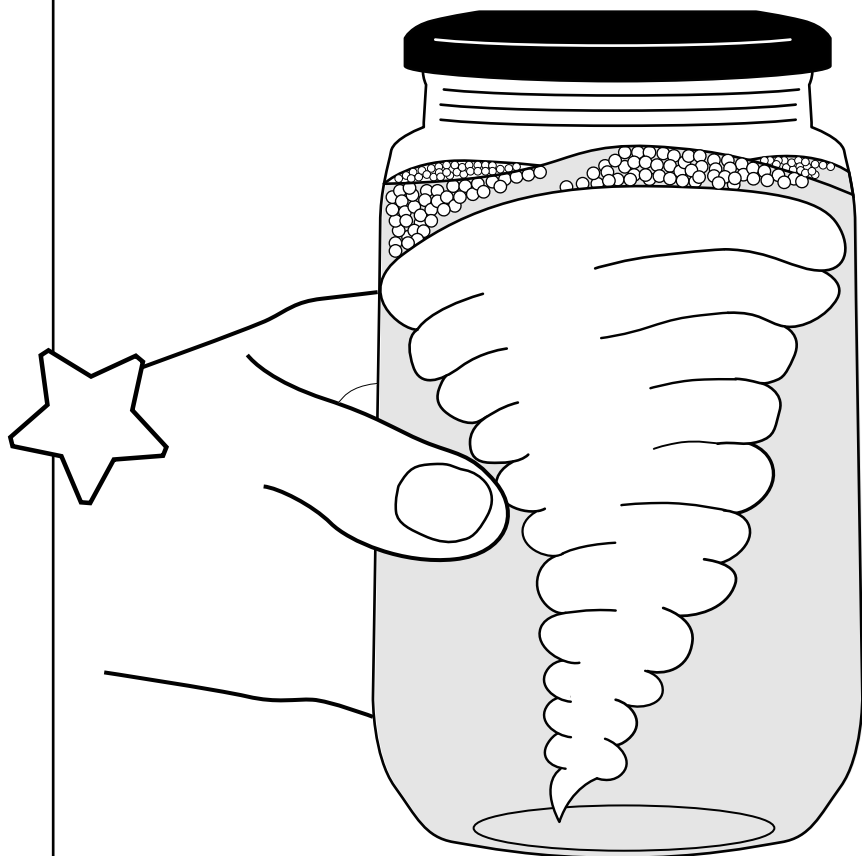


Make a jam jar twister



You will need:

- ★ clear, round-sided jar, such as a jam jar
- ★ washing-up liquid
- ★ a few drops of food colouring (or orange / blackcurrant squash)
- ★ 1 teaspoon of vinegar or lemon juice

What to do:

- 1.** Fill your jar with water, leaving 1–2 centimetres of space at the top.
- 2.** Add a couple of drops of food colouring (not too much, or the water will be too dark and you won't see the twister properly). If you haven't got food colouring, you can use a splash of orange or blackcurrant squash.
- 3.** Add a teaspoon of vinegar or lemon juice.
- 4.** Hold the jar upright and swirl it round. Start slowly, then swirl faster and faster until you see a twister start to form inside the jar.
- 5.** See how long you can keep the twister going!