

Making a Lava Lamp:

You will need:

- An empty 500ml plastic bottle
- Water
- Food dye
- Vegetable Oil
- Torch
- Fizzy tablet (alka selzer or any effervescent vitamin tablet)

Instructions:

1. Fill the bottle one-third full with water.
2. Add dye until the water is a colour you like the look of.
3. Fill the bottle with vegetable oil but leave a 5-7cm gap at the top of the bottle.
4. Allow the contents of the bottle to settle.
5. Add half a fizzy tablet.
6. Enjoy! (You can use a torch to enhance your lava lamp)