

# Mobile Food Lab at Your School



*Healthy Discoveries Through  
Hands-On Learning!*



*Pre-registration Required*

*Reserve early!!!*

*Number of students per day: 40-60*

*2 hours of activities per group; 2 groups per day*

*All 3 activities completed in one visit*

*For more information, contact us!*

*Phone: 201-390-5583*

*Email: [mobilefoodlab@ramapo.edu](mailto:mobilefoodlab@ramapo.edu)*





## Mobile Food Lab Activities

**Popcorn 4 Ways** • Students will learn that kernels are seeds, predict the volume of popcorn produced after cooking and then compare the results. Students will also prepare four types of seasoning mixtures to create various flavor profiles to season their popcorn.



**Make Your Own Tea Bag** • These words are often said together: "flavored with herbs and spices." What's the difference between them? All the parts of plants are used as herbs and spices. Their aromatic properties make them ideal examples to learn about plants; the relationship between them and food preparation and medicine; and the sense of smell. Students will make their own herbal tea bags using the blend of herbs and spices they choose from the assortment provided on the Mobile Lab.

**Garden in a Bottle** • Can plants grow without soil? Using hydroponics, plants get the nutrients they need from a water solution. Terrestrial plants may be grown with only their roots exposed to the mineral solution. Students will work in teams to construct a simple hydroponic wick system in a plastic bottle; plant basil seeds; design a set of experiments to test which conditions yield the best growth rates; take the systems home to watch them grow.



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