**Simulated Urine Lab**

You should work in groups of 3–4 in this lab. *Ensure students have the proper group materials required for the Simulated Urine Lab provided in the pre-lesson preparation section.*

1) Collect the following materials with your group: • Four 9 oz clear plastic cups • Yellow, red, and green food coloring • One permanent marker • Six toothpicks • Water • Hydration Level Test Chart www.nasa.gov Hydration Station – Educator Section 6/23

• Hydration Level Labels • Graduated cylinder (100 ml)

2) With a permanent marker, label your cups 1–4.

3) Put on eye protection.

4) Fill each cup with 60 ml (2 oz) of water using the graduated cylinder.

• In cup 1, use a toothpick to add one dab of yellow food coloring. Use a clean toothpick to stir the liquid in the cup. *Have students roll the tip of a toothpick in a drop of food coloring and slightly touch the surface of the water to create a dab.*

• In cup 2, use a toothpick to add two dabs of yellow food coloring, and use a clean toothpick to stir the liquid in the cup.

• In cup 3, add one drop of yellow food coloring and use a clean toothpick to stir the liquid in the cup.

• In cup 4, add one drop of red food coloring, two drops of yellow food coloring, and one drop of green food coloring, and use a clean toothpick to stir the liquid in the cup.