**Lava Lamp Materials and Instructions:**

**Materials:**

One clear bottle

Vegetable oil

Water

Alka Seltzer tablets

Food coloring

**Instructions:**

1. Pour vegetable oil into clear plastic bottle, filling it ¾
2. Fill the rest of the bottle with water right under the brim of the cap
3. Add around 5 drops of food coloring and wait for it to settle
4. Break an Alka Seltzer tablet into 3 pieces and add them in one at atime
5. Place the cap on the bottle and wait for it to fizz