

How to make fart (cabbage) juice to play and learn with Berta the dragon

Materials:

Ingredients:

- Red cabbage
- Large plastic bag that goes into the freezer
- Freezer
- Water
- Heating device (to heat up the water)
- Mixing spoon
- Colander
- 2 bowls

Procedure:

1/ Cut the red cabbage into smaller pieces, place them in a plastic bag and into a freezer at least over night (they can stay in the freezer as long as 3 months without losing color)

2/ Place about 1 litre of frozen red cabbage in a bowl. Pour hot water over it until it covers most of the cabbage. Leave it to soak for about 30 minutes.

3/ Filter it with the colander to remove all the pieces of cabbage

4/ The red cabbage juice that you don't use can be kept in a closed plastic bottle in the freezer for several months.