



Starters 5-10 mins

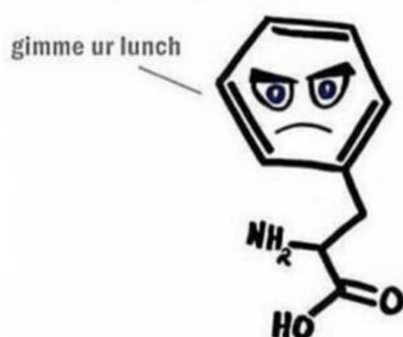
Announcements..... 3 mins
STEM events/competitions (check OtotheB), share achievements and welcome new members.

Snack, Cackle & Pop..... 2 mins

Snack: An Orange, any kind will do
Cackle: What kind of chain is edible?
A food chain!

Pop: Stemillions Playlist - add your own music!!

WHAT DO YOU CALL AN ACID WITH AN ATTITUDE?



A-mean-oh acid.

Meet Her..... 5 mins

Dr. Clare Eluka grew up in care in Islington. She graduated from Brunel University and spent several years teaching English before founding Premae Skincare, an allergy-free skincare brand. She opened a private practice on Harley Street, and has completed a doctorate in biochemistry. She has also set up a programme teaching vulnerable young people in inner-city London how to manufacture their own products and help them emulate her success.

Watch: [meet Dr. Eluka in this video](#)

Discuss:

- ★ What did you think of Dr Eluka's video?
- ★ Which do you prefer, biology or chemistry?

Mains 20 mins - choose ONE only

MAKE..... 20 mins

Oobleck: for this make you will need to experiment with cornstarch and water. Start off with 200g of cornstarch and slowly add the water stirring after each addition. When your Oobleck is at the right consistency, you can roll it into a ball like a solid, but it will also behave like a liquid if you stop rolling it.

- ★ This is an example of a non-newtonian fluid. What is a non-newtonian fluid?
- ★ What other examples of non-newtonian fluids can you think of?

EXPLORE..... 20 mins

Some of Premae's skincare products contains Vitamin C. Using pink marshmallows as O (oxygen) and white marshmallows as H (Hydrogen), recreate the [vitamin C molecule](#) using marshmallows and cocktails sticks.

- ★ Where does vitamin C occur naturally in nature?

(You could use any sweets with two different colours).

Remember to take photos of your activities.

Desserts 5 mins

Share with us 2 mins

Upload photos of your MAKE or EXPLORE to the MightyNetworks or Tweet and Instagram us "Stemettes or use #stemillions

Agony Aunts 2 mins

If you or your club have any questions, ask our STEM agony aunts; bit.ly/askagonyaunt

Digest..... 2 mins

Do [#005 Digest](#) on MightyNetworks or bit.ly/digest005