

# Extract Your DNA

Disclaimer: This is one recipe for extracting your own DNA. I have not tried it and can't claim it works. You need to ask an Adult for permission and help.

You will need:

- A glass of salty water
- A glass with 1 tsp dishwashing liquid
- 3 tsp tap water
- A clean teaspoon
- 4 fl oz (125 ml) ice cold alcohol (gin or vodka that's been in the freezer is ideal)

1. Swill the salty water around your mouth. ***Do Not Swallow.***
2. Spit the contents of your mouth into the glass containing the dishwashing liquid and tap water. Slowly stir with the clean teaspoon for a couple of minutes.
3. ***Very slowly*** pour the ice-cold alcohol down the inside of the glass so that it settles on top of the solution. **Leave for 2-3 minutes.**
4. Observe the thin strands on top of the salty detergent mixture. **This is your DNA.**

If you wish, carefully remove the strand by twisting a plastic straw slowly in the glass. The strands will wrap around it, but they are very fragile. Once extracted you could stain the strands with food coloring to make them easier to see under a microscope. Throw away the DNA and the liquid in the glass after use.

From Evolution Revolution by Robert Winston available in the La Colina library.