



## Experiment No. 5

### Supplies Needed:

- A small mirror.

STEP 1: Place mirror near your mouth.

STEP 2: Exhale (breathe out) against the mirror so that the air washes over the glass.

### Results:

1) Does the mirror get cloudy?

2) Why does the mirror feel wet when touched?

3) How else can you prove there is water vapor in your exhaled air?

4) What is the source of the moisture that you see on the mirror?

### Hint:

Humans exhale nearly 2 quarts of water each day. As a gas this water vapor is also invisible. The water comes from the body tissues, especially the lungs. It is very important to replenish this moisture by drinking at least 6-8 glasses of water daily.

### Solution:

1) Yes.

2) Yes.

3) Seeing your own breath when walking or playing outside on a cold day. The water vapor you exhale condenses or forms water droplets when it meets the cold air, making your breath visible.

4) The moisture is water provided by the lungs and the body.