You'll need

White flowers
Food Colouring - not natural colours
Small jar
Water

Instructions
Trim the flowers at the stalks.

Fill the jar to about half full with food colouring and water.

Add a single flower to the jar.

After a few hours the flower will be tinged with colour!

Extra Challenge
Try carefully splitting a stem in half - ask an adult to help.

Place one half of the stem in one colour water and the other in a different colour.

After a couple of hours the flower should be two colours!

Why does this happen?

Plant leaves have lots of tiny holes called stomata (a little like the pores in our skin). Water evaporates from plant leaves through stomata and is replaced by water sucked up the stem from the roots. This process is called transpiration and is a bit like a person sucking a straw!