

# How Melanin Works

*Note: If you have a small class, you could have one cup for each student to stir and drink after the demonstration. Be mindful of allergies.*

## Materials

- Small, clear plastic cups
- Milk
- Chocolate syrup
- Spoons or stirring sticks

## Instructions

*Line up the cups on a table and fill each cup halfway with milk.*

*Add a small amount of chocolate syrup to the first cup, a little more to the next, more to the next, and a lot to the last.*

*Have students help you stir while you discuss how dark the milk becomes as you add more syrup.*

## Suggested Discussion

Let's pretend this chocolate is like the melanin in your skin. If I put just a little in a cup, it does not make the milk very dark. But if I put a lot of chocolate in a cup, the milk gets a lot darker!

Do you see? The more melanin we have, the darker our skin is. But we are all still the same inside, just like the milk is the same in each cup.

We are all one race—the human race. We look different and speak different languages, but we are all from Adam and Eve. We have all been created in the image of God.

What makes our skin different is how much melanin God put in our skin. If we have more melanin, our skin is darker; if we have less, our skin is lighter.

- ?** Now hold your arm next to the person beside you. Are you darker or lighter? Who has more melanin? *Have students compare skin tones with several classmates.*