You are going to extract some DNA from your own cells, and learn how scientists work with DNA. You will use procedures that scientists use every day to extract DNA from biological samples

1. Wash your mouth vigorously for 2 min using the 5 ml of water in the cup. Try and bite your cheeks while doing this to help shed cells into the water. Don’t bite too hard – we don’t want any blood, and don’t swallow as we need you to carefully spit the solution into the test tube with the orange cap.
2. Add 2 drops of detergent to the test tube, screw the cap on and invert it slowly 8 times.
3. Add 5 drops of enzyme to the test tube, screw the cap on and invert it slowly 8 times.
4. Wait 5 min.
5. The instructor will come round and run some ice-cold alcohol down the side of the tube so it forms a layer on top of your cell mixture. Put the lid on and let it sit for 5 min. Watch for white wisps forming at the interface between the alcohol and the cell solution. This is your DNA!
6. After 5 min, invert the tube a couple of times (VERY GENTLY) to clump the DNA together and use a pipette to transfer the DNA and some of the liquid into the small glass bottle. Place the lid securely on, and you now have a sample of your own DNA to keep!