

## INVESTIGATING TAMPONS ACTIVITY SHEET

In this activity you're going to put a Tampax Pearl tampon to the test!  
**Carry out the tasks below and record your answers in the spaces provided.**



### WHAT DO YOU NEED?

- 1 x Tampax Pearl tampon
- Measuring beaker filled with 50ml of water
- A teaspoon or pipette
- A plate

1	Remove the Tampax tampon from its wrapper. Write a description of the tampon using at least three adjectives.	
2	Push the smaller part of the applicator into the bigger part until the tampon emerges from the top. How does the applicator make the tampon easy to insert?	
3	The tampon and applicator are now separate. Hold up the tampon by the string. How is it constructed? Write a description using at least three adjectives.	
4	Check the water level, then gently lower the tampon half way into the measuring beaker. Observe carefully. What happens to the tampon when it meets the liquid?	
5	Now lower the tampon in all the way, leaving the string out of the water, then take it out and place it on the plate. What has happened to the tampon? How has it changed shape to absorb the liquid?	
6	Measure the water left in the beaker – how much did the tampon soak up?	
7	Finally, use the teaspoon or pipette to drop a small amount of water onto the LeakBraid attached to the edge of the tampon. What happens to prevent leaks?	

**Extension:** based on your investigation, why can a tampon be used while swimming?