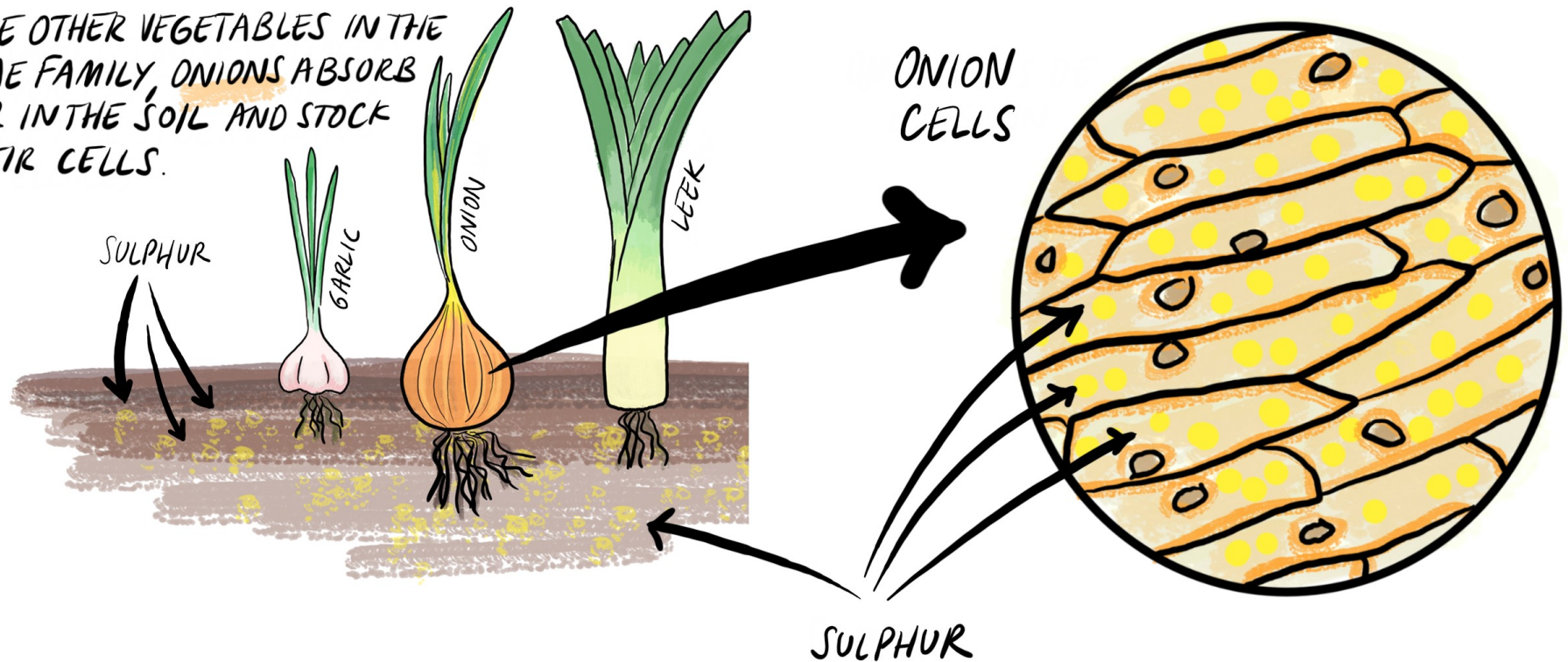
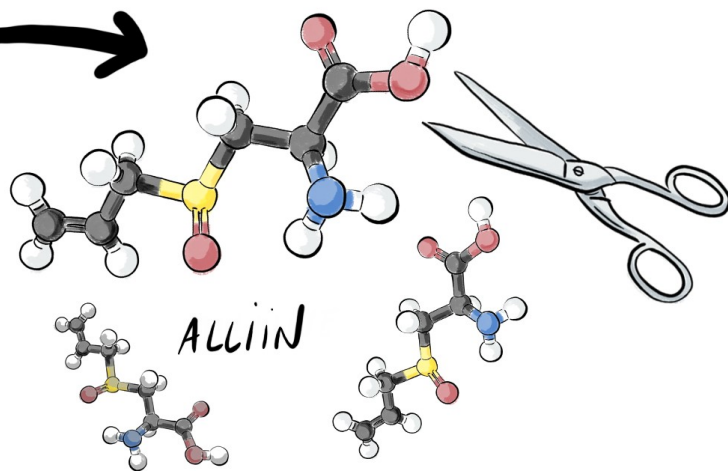
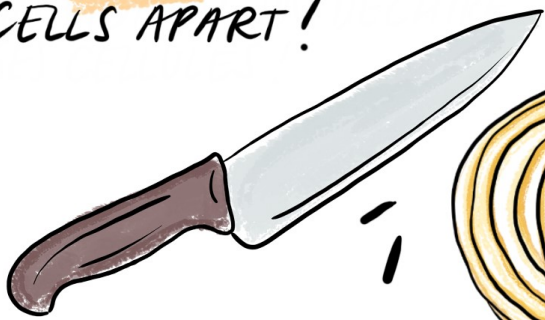


# WHY DOES CHOPPING ONIONS MAKE ME CRY?

JUST LIKE OTHER VEGETABLES IN THE LILIACEAE FAMILY, ONIONS ABSORB SULPHUR IN THE SOIL AND STOCK IT IN THEIR CELLS.



WHEN YOU CUT UP AN ONION, YOU RIP ITS CELLS APART!



## TOP TIP!

CUT YOUR ONIONS UNDER RUNNING WATER. THIS WILL RINSE SOME OF THE IRRITANT MOLECULES AWAY.

OR PUT YOUR ONIONS IN THE FREEZER FOR 15 MINUTES TO SLOW DOWN THE CHEMICAL REACTION!



THIS RELEASES A CHEMICAL COMPOUND CALLED ALLIIN, AND AN ENZYME, ALLIINASE, WHICH CUTS UP THE ALLIIN CHEMICALLY AND PRODUCES A GAS WHICH MAKES YOUR EYES STING AND CRY!

