

# Carbon Rod Writing



*What did you do?*

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*What did you see?*

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*Why did this happen?*

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*Did you know?*

*Iodine* exists in two forms: iodide (with a negative charge) and iodine (with zero charge). Iodide is colourless and iodine is brown/purple. That is why you can see the change when you use electric current to convert between them. You can also use other chemicals to convert between the forms. Iodine is toxic, but is also an essential element for life, as your body uses it in hormones for growth and metabolism. You therefore require a *very* small amount (130-150 micrograms) in your daily diet.