

Sunshine fruity lollies

Encourage children to learn about making healthy choices while creating yummy sunshine fruit lollies!

Learning aims

- Talk about change
- Learn about healthy choices
- Make choices.

Resources

- Lolly moulds, ice cube trays or plastic cups
- Lolly sticks
- Fruit juice and fruit.



Activity Outline

- Support children to peel and chop the fruit ensuring it is cut to a suitable size to avoid choking
- Pour fruit juice into the moulds and stick a lolly stick in
- Add the fruit to the juice mixture
 - The children could mix the juices first to make their own: what could they call it? E.g. Apprange!
- Put it into the freezer
- Talk to the children about what they think will happen to the liquid and why. Discuss freezing and melting
- To make different coloured lollies put a small amount of juice in the moulds and then freeze a layer at a time
- Encourage the children to name their lolly. Perhaps they could design and make packets for them too
- Once frozen enjoy the lollies on a warm sunny day or after you've done some physical exercise.

Special considerations

- *Children should always be supervised when eating*
- *Be aware of the potential for allergic reactions as children come into contact with food that may contain allergens*
- *Avoid fruit or juice that children are known to be allergic to or have an intolerance to.*