

# Fruity Coolers

Why not cool down with these easy to make fruit ice lollies.

## You will need:

- Ice Lolly moulds
- Knife to cut the fruit
- A Passion Fruit
- Lemon Squeezer
- An Orange
- Spoon
- Jug
- Freezer

## Making the activity:

- Make sure you wash your hands before handling food and wear an apron when preparing.
- Cut the passion fruit in half and using the spoon scoop out the seeds. Put some of the seeds in each of the ice lolly moulds.
- Cut the oranges in half and then using the lemon squeezer, squeeze all the juice out and then pour into the jug.
- Pour in some water and mix to dilute the liquid and form into a juice. Divide and pour the mixture of orange juice and water into each of the ice lolly moulds with the passion fruit seeds.
- Place the ice lolly moulds into the freezer and wait for the fruity ice lollies to form.
- Share with your friends and family and enjoy.

## How this supports knowledge and development:

As well as supporting children in developing healthy eating habits by making these ice lollies they are also developing in other areas too. Your little one will be able to explore the changing state of turning a liquid into a solid and then back again. Make sure you are asking key questions such as: How quickly do you need to eat the ice lolly before it melts? Why does the ice lolly melt? Why do you think the liquid turned into a solid?

Your little one will also become more independent in designing and creating their own recipes using different fruits that they would like to try. Why not try some new ingredients to make these super yummy ice lollies.

**EXTEND THE ACTIVITY** - Why not try using different coloured fruits and juices to layer your lollies. Create traffic light lollies or a colour scheme of your choosing. Layer each colour one on top of the other leaving time to freeze inbetween.



## Keeping Everyone Safe

Remember to wash your hands before preparing food



**Enrich vocabulary development  
with related words such as:**

Cut	Pour	Freeze
Scoop	Mix	Frozen
Seeds	Dilute	Layers
Squeeze	Divide	Pith
Juice	Mixture	Peel

**Dont forget fruit names such as:**

Oranges	Pineapple
Lemons	Blackberries
Passion Fruit	Blackcurrants
Strawberries	Raspberries
Blueberries	Kiwi Fruit

**Notes:**

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**Design your own fruit lollies..**

