

# 5-a-day Ice Lolly Challenge



Now that summer is here, what better than a lovely fruity ice pop to refresh and cool you down.

## Challenge:

Your challenge is to design and make a delicious ice lolly that combines lots of lovely fruits or vegetables, to encourage you to eat your 5-a-day.

## You will need to:

- find out about the health benefits to our bodies of eating 5-a-day.
- come up with 3 different ideas of ingredients for your ice lolly.
- find a suitable mould to make your ice lolly.
- consider how you will prepare your ingredients to produce different colours and textures in your ice lolly.



# Healthy Ice-lollies

<https://youtu.be/6Qbh9gkbWUA>

Watch this clip for inspiration.  
Look on line for other delicious recipes.





# Why is it important to eat 5 a day?

Fruit and vegetables are part of a healthy, balanced diet and can help you stay healthy. It's important that you eat enough of them.

Evidence shows there are significant health benefits to getting at least 5 portions of a variety of fruit and vegetables every day. That's 5 portions of fruit and veg in total, not 5 portions of each. A portion of fruit or vegetables is 80g.



# Fruits flavours

You can use a range of fruits to create a delicious ice lolly.

- Use blenders, mashers or a fork to crush the fruit and release the juice.
- Place whole pieces of fruit to the edges of the mould for decoration.
- Fruit juices or cordial can you combined with real pieces of fruit to add more flavour.



**What combination of fruit will you choose?**

# Design your fruit ice lolly.

Design 3 combinations of different fruits in your ice lollies. Remember that they can come from a variety of sources, such as canned, frozen, fruit juices and fresh fruit and they all count towards your 5-a-day.



Idea 1 combination	Idea 2 combination	Idea 3 combination



# Ice lolly moulds



There are a variety of shop bought moulds you can use for your ice lolly.

But don't despair if you don't have those at home, there are many creative ways of making a mould from items you can find at home.



Paper cups and plastic cutlery.



Plastic cups and wooden sticks.



Silicon muffin cases and lollipop sticks.



Ice cube tray and cocktail sticks.

Yogurt pots make great moulds.



Straws can be used as a stick.

**Running your mould under a hot tap for a few seconds, helps to release your ice lolly from its mould.**

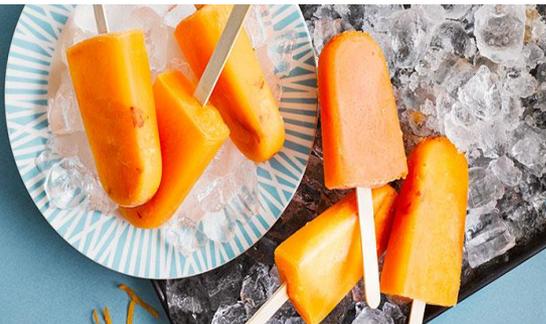
# Top tips for your ice lollies!

It's a good idea to leave a small gap at the top of the mould as the lollies will expand during the freezing process.

To keep the sticks in place while freezing, poke them through an upturned paper cupcake case or sheet of foil, or clingfilm placed across the top of your pot.

Alternatively insert your sticks into the mixture about halfway through freezing and pop them back into the freezer.

To get your ice lollies out of the mould, dip briefly in hot water, up to the rim, to loosen your lollies.



# Striped fruit juice recipe

## Ingredients:

400ml pure orange juice  
8 small strawberries sliced into pieces  
160ml 100% pressed forest fruits juice  
(makes 8 lollyies, you may need to  
adjust the quantities.)

## Method:

1. Put 2 tbsp of orange juice into each mould. Freeze for one hour.
2. Divide the strawberries between the moulds and add 1tbsp of forest fruits juice. Freeze for 30mins, then add a lolly stick and freeze for another 30mins.
3. Remove from freezer and add 2 tbsp of orange juice for the final layer.
4. Return to the freezer for 2 hours, until it is fully set.
5. Run mould under hot water for a few seconds to release the ice lolly from the mould.



# Watermelon recipe

## Ingredients:

- 1 small watermelon
- 3 kiwi's

## Method:

1. Halve the watermelon, scoop out 375-400g of flesh into a bowl. Remove any seeds.
2. Puree the flesh using a hand blender.
3. Fill ice lolly moulds three quarters full of the puree, push in the sticks and freeze for 3 hours.
4. Peel 3 kiwi's and cut the green flesh away from the core. Discard the core and puree the green flesh.
5. Add a layer of 4-5mm on top of each ice lolly and refreeze for 1 hour.
6. For the watermelon rind effect, add green food colouring to the rest of the puree and put a thin layer on top of each lolly and freeze.

