

# Make your own ice pops



Let's make some tasty ice pops. They are easy to make and you can use any flavour of fruit juice you like. Make sure you eat one before it melts!

## You will need:

- your favourite fruit juice or squash



- a jug



- some water (if squash is used)



- some wooden lolly sticks

- an ice lolly mould, some clean yoghurt pots, or a large ice cube tray



## Method:

- 1 Wash your hands.



- 2 Pour your fruit juice into a jug with help from an adult. If using squash, add water to the jug to make sure it doesn't taste too strong.



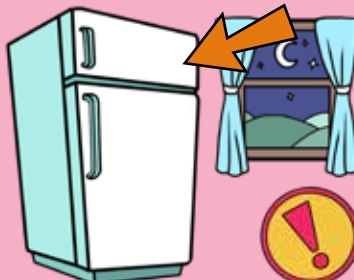
- 3 Pour the juice into the ice pop moulds with an adult's help. Fill them right to the top.



- 4 Gently place your lolly sticks into the moulds or fasten the mould lids.



- 5 Ask an adult to put your moulds into the freezer and leave them overnight.



- 6 The next day, take the moulds out of the freezer. Can you see what has happened to the fruit juice?

