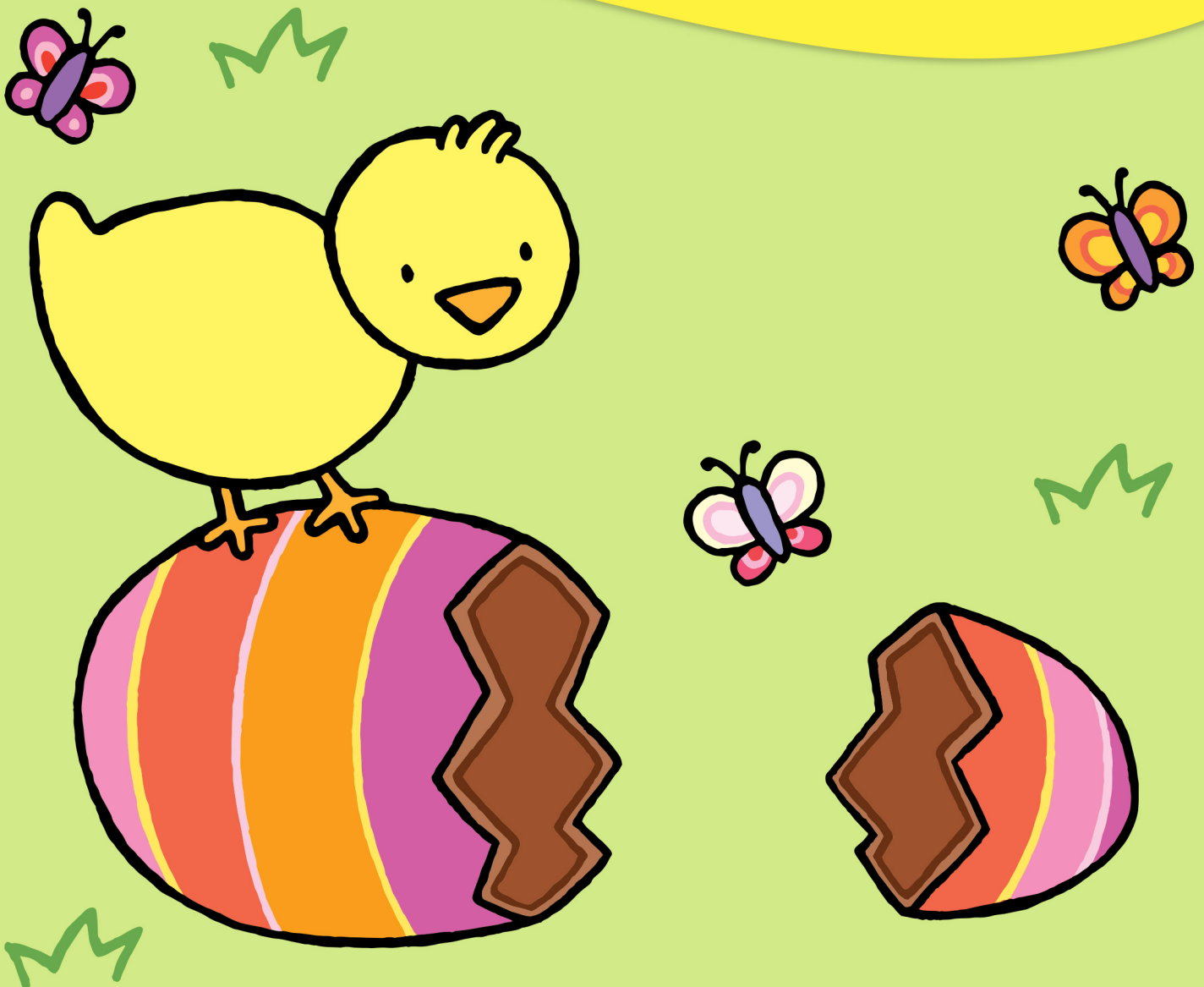


# Activities for kids

## Chocolate

4+



# Chocolate sundae

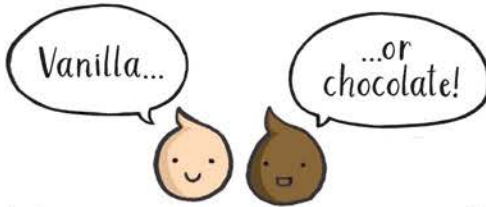
To make a delicious chocolate sundae, you will need:



2 tablespoons of water



100g (4oz) of plain (or milk) chocolate drops or chips



ice cream

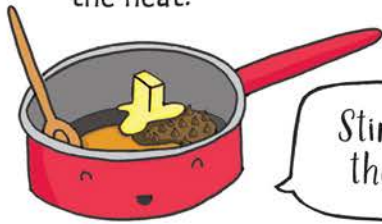


15g (1 tablespoon) of butter



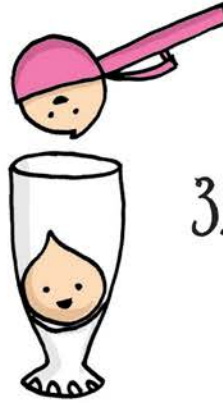
2 tablespoons of golden (corn) syrup

1. Melt the ingredients (apart from the ice cream!) on a low heat. Carefully lift the pan off the heat.

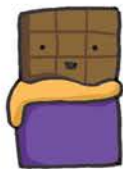


Stir us all the time!

2. Put some scoops of ice cream into a tall glass.



3. Pour the chocolate sauce over the ice cream.



Tasty tip

To make your sundae even MORE chocolatey, carefully grate some chocolate, then sprinkle it over the top.

# Chocolate trees

Chocolate grows on trees – well, kind of...



Cacao trees...

...grow fruit called pods.



In the pods are seeds called cocoa beans.

The beans are roasted and crushed, making cocoa powder and cocoa butter...



...which combine to make chocolate!



Did you know?

The scientific name for chocolate is *Theobroma cacao*, which means 'food of the gods' in Greek.



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# Little chocolate brownies

These delicious, squidgy brownies contain lots of yummy things including chia seeds. Watch how they soak up water to make a sticky gel, which helps to glue the brownies together.

To make this recipe dairy-free, vegan or gluten-free, follow the instructions on page 31.



Makes 10

## Ingredients

1 tablespoon of chia seeds  
4 tablespoons of cold water  
40g (1½oz) pitted prunes  
50g (2oz) dark or milk chocolate  
20g (¾oz) butter or plant-based spread  
100g (4oz) caster sugar  
½ teaspoon of vanilla extract  
50g (2oz) self-raising flour  
1 teaspoon of cocoa powder  
1 tablespoon of chocolate chips

You will also need a 900g (2lb) loaf tin, measuring around 20x12x8cm (8x5x3½in).

**1** Heat the oven to 180°C (160°C for fan ovens) or gas mark 4. Line the tin with baking paper (page 3).



**2** Put the chia seeds in a cup. Pour over the cold water. Set aside.



**3** Put the prunes in a cup. Pour over enough hot water to cover them. Set aside.



**4** Put the butter or spread in a large heatproof bowl. Break the 50g (2oz) of chocolate on top.



**5** Stand the bowl over a pan of hot water. Stir until the contents melt. Or, use a microwave – see page 3.



**6** Remove the bowl from the pan carefully, using oven gloves.



**7** Drain the prunes in a sieve, then put them back in the cup. Use scissors to snip them into small pieces.



**8** Put the prunes, sugar, vanilla and the chia mixture in the bowl. Mix well.



**9** Sift the flour and cocoa powder into the bowl. Mix them in gently, moving the spoon in the shape of a number 8.



**10** Pour the mixture into the tin. Sprinkle over the chocolate chips. Bake for 25-30 minutes.



**11** Poke a skewer or cocktail stick into the middle. If it comes out clean, it's cooked. If not, bake for 10 minutes more then test again.



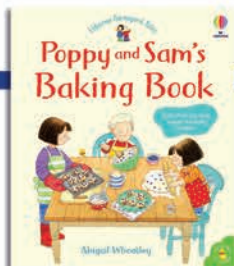
**12** Put the tin on a wire rack to cool. When it's completely cold, cut into 10 squares using a blunt knife.



These brownies were made with dark chocolate and dark chocolate chips.

## Variations

You could use dark, milk or white chocolate chips if you like.



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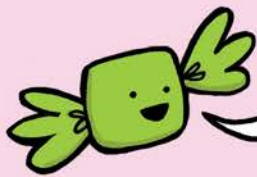


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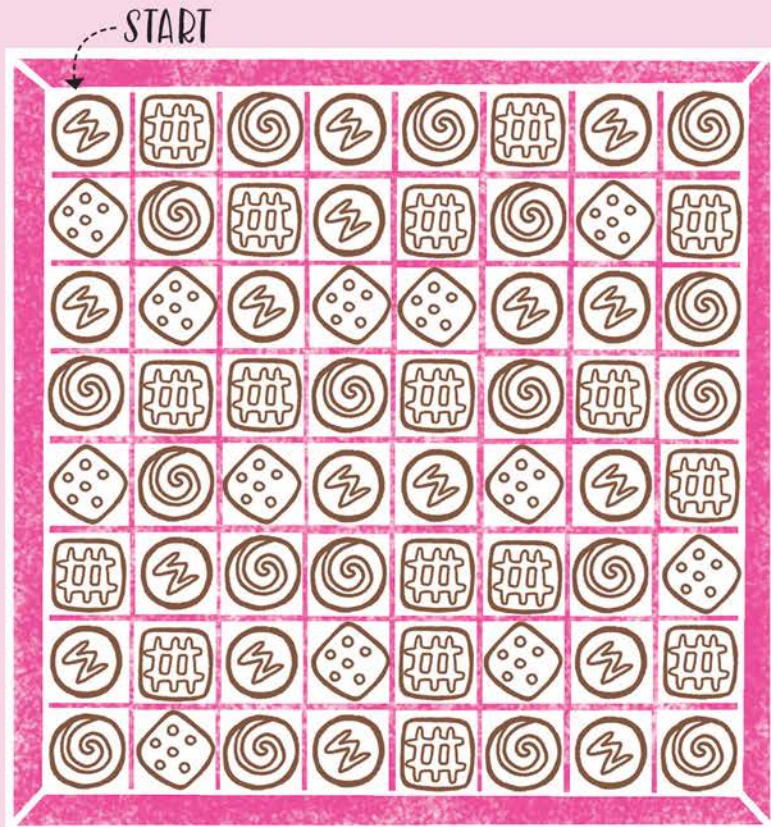
# CHOCOLATE!

## Chocolate box puzzle

'Eat' your way across this box, following the sequence below. You can go up or down, left or right, but not diagonally, and you have to finish in the bottom right corner. You can only 'eat' each chocolate in the box once!



When you've finished the puzzle, you could fill it in, too...



## Chocolate conundrum

Draw lines to link up the pairs of chocolates that are the same, and find one that doesn't have a pair.



## Mmmm... milkshake

You will need:



Beat the ice cream into the milk, until the milkshake is all smooth and frothy.

Drink me now!



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CHOCOLATE CONUNDRUM



CHOCOLATE BOX PUZZLE

