


Seaside Snacks

What have we made so far?





What do you
eat or drink to help
you cool down on a
hot day?

What is
your favourite
drink to cool
you down?



Why should
you drink lots
on a hot day?



If you don't drink enough you can become dehydrated. If you are dehydrated you will probably feel thirsty and you might have a headache.



Drinking water when it is hot or after exercising can stop you becoming dehydrated.





Is it healthier to
drink water or
sugary drinks?

Sugary drinks or snacks are not good for us. They damage our teeth and can cause us to gain weight. It is OK to have them as a treat, but they shouldn't be drunk all the time.



Water doesn't
contain sugar. It is a
much healthier choice
than a sugary drink.



Another way to keep cool on a hot day is to have an ice-lolly.



What is your favourite ice-lolly?

What do you think
this icy-lolly is made with?
What flavour is it?



This is a strawberry ice-lolly. It is made with water, strawberry juice and strawberries.



Task: Make your own fresh fruit ice lolly.

Other Tasks:

1. Draw your own fresh fruit ice lolly. Label it with the ingredients.

2. Draw a wrapper for your ice lolly. Label it with the ingredients.

3. What ingredients and equipment did you use?



Draw and label your ice lolly. Create a wrapper for your ice lolly.

Collage a fresh fruit ice lolly.