



THE LAB

Eight pages of things to make and do

Make rainbow lollies

Get set for the summer holidays with some ice-cool science.

What you need

- Red, green and blue fruits (we used strawberries, kiwi fruit and blackberries)
- Water
- 1 lemon
- Honey
- Orange juice
- Blender
- Teaspoon
- Ice lolly moulds
- Lemon squeezer
- Lollipop sticks

Instructions

- 1** Wash your fruit. Place a handful of the red fruit (we used strawberries) in the blender along with a few teaspoons of water. Blend until smooth.
- 2** Pour a small amount of the mixture into your lolly moulds – about one-fifth of the way up – and pop in the freezer for half an hour.
- 3** Now pour orange juice on top and place in the freezer again for 30 minutes.
- 4** For the yellow layer, juice a lemon and add half a teaspoon of honey. Mix together well and share out evenly across moulds. Place in the freezer for half an hour.
- 5** Repeat the process with your green fruit (we used kiwi) and fill another fifth of the moulds. Now drop the lollipop sticks into the moulds and pop them into the freezer for another 30 minutes.
- 6** Finally, blend your blue fruit (we used a handful of blackberries) along with a few teaspoons of water. Pour into the moulds to make the last layer. Pop in the freezer for at least two hours or until the lollies are frozen through.



How does it work?

Ice lollies are one of the most enjoyable ways to cool down in the summer but did you know that ice is an unusual substance? Most solids are denser than their liquid form – in other words, they take up less space when frozen. Water, however, expands when it freezes. This is because when it turns into ice, water molecules lock together to form a three-dimensional crystal pattern that takes up more space. Ice is about 9% less dense than liquid water – a litre of ice weighs less than a litre water. That's why ice cubes float on water.

ALAMY - REX SHUTTERSTOCK

