

PULL-OUT
ACTIVITY SECTION

THE LAB

Eight pages of things
to make and do

WARNING!

This recipe involves
using an oven. Ask
an adult to help you.



Make fruit rolls

Discover how to dehydrate food by making this sweet, energy-rich snack.

What you need

- 250g fruit (whatever fruit you like)
- 2tbsp honey (or a zero-sugar alternative)
- 2tbsp lemon juice
- Blender
- Baking tray
- Greaseproof paper or baking sheet
- Spatula
- Scissors
- Baking paper

Instructions

- 1** Put the fruit, honey and lemon juice in a blender and whizz until smooth.
- 2** Line a baking tray with greaseproof paper and pour the fruit mixture onto it. Use a spatula to spread the mixture as thinly and evenly as possible (about one millimetre thick).
- 3** Put the baking tray in the oven and turn on to the lowest setting.
- 4** Warm for 4–6 hours or until the centre is no longer sticky. When it is ready, take the tray out of the oven.
- 5** Once the mix is completely cool, use scissors to cut strips about three centimetres wide, and roll them up.



Blend the fruit
mixture until
smooth.

How does it work?

At your oven's lowest setting the fruit does not cook; it dehydrates instead. Dehydration is the removal of moisture from anything. Humans have been dehydrating food for thousands of years to preserve it. Removing the water from food means it lasts much longer than when it is fresh, and can be stored without going off. This is because removing moisture slows the growth of bacteria and fungi, such as mould, that cause food to go bad. Dehydrating soft fruits will give them a leathery texture, and can strengthen sweet and sour flavours.

We would love to see pictures of your lab experiments. Please send your photos to scienceandnature@dennis.co.uk

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