



**WARNING!**  
Ask an adult to help you when boiling up the hot mixture in the pan.

# 1 Make survival snacks

Get prepared for adventure with a seriously sweet energy bar.

## What you need

- **1/4 pint of milk**
- 500g sugar
- 3 drops of peppermint oil
- Saucepan
- Wooden spoon
- Sugar or digital thermometer
- Oiled 8-inch baking tray
- Knife

## Instructions

- 1** Ask an adult to help you heat the milk and sugar in a saucepan over a low heat. Stir until the sugar has dissolved and there are no grains left in the bottom of the pan.
- 2** Increase the heat and boil the mixture until the temperature reaches 119°C (use a thermometer to check). Then, remove the pan from the heat and stir in the peppermint oil. Keep mixing until the mixture turns a creamy colour.
- 3** Pour the mixture into the baking tray and lightly mark out squares with a knife. Leave to cool.
- 4** Once the mixture is cold and firm, cut or snap off your squares and store them in an airtight container at room temperature.

**Allergy warning!** Ingredients in **bold** are allergens (substances that cause allergic reactions). Learn more at [tinyurl.com/SN-allergy](https://tinyurl.com/SN-allergy)



Measure the temperature with a thermometer.

## How does it work?

You have made an energy bar that's very similar to Kendal Mint Cake. This sugary bar was accidentally invented by sweet maker Joseph Wiper when he boiled a minty mixture for too long. Wiper named his creation after the town of Kendal, where he lived. It was taken to the top of Mount Everest by Edmund Hillary and Tenzing Norgay, who were the first people to reach the summit in 1953. A person climbing Everest burns around 10,000 calories a day, so they need a lot of energy to keep going. Kendal Mint Cake is packed with calories and is light to carry. Hillary and Tenzing said that when they reached the summit of Everest, "We sat on the snow and looked at the country far below us... we nibbled Kendal Mint Cake." Another member of the expedition wrote, "Our only criticism was that we did not have enough of it."