



Hokey Pokey

You will need:

Saucepan, sugar, golden syrup, baking soda, waxed lunch wrap, desert spoon, teaspoon

What to do:

1. Mix 15 desert spoons of sugar and 6-8 desert spoons of golden syrup in the saucepan and place on the heat
2. Heat gently until it boils –stirring all the time
3. Now boil for 4 minutes, stirring occasionally
4. Remove the saucepan from the heat
5. Add 1 teaspoon of baking soda and stir quickly - **Observe Carefully!**
6. As you see the mixture foam up –pour immediately onto the waxed lunch wrap
7. Leave to cool before breaking up later to eat.



Take it further:

When you break the hokey pokey apart check out the texture and examine the size of the holes before you enjoy the taste!

The Science:

When the baking soda is added to the heated golden syrup and sugar it causes a chemical reaction which creates carbon dioxide. The carbon dioxide is trapped in the heavier syrupy mixture which causes it to fluff up into the thick golden mixture. As it cools it sets into a firm solid.