



ACTIVITY: JAM MAKING

YOU WILL NEED:

LEMONS, GRANULATED SUGAR, FORK, SAUCEPAN, MIXING BOWL & EMPTY JAM JARS.



YOUR FAVOURITE FRUIT:

1. Choose some fruit for your jam. Raspberries give good results, but you can be adventurous and put several fruits in your jam.
2. Put all the fruit in a mixing bowl and mash with a fork.
3. Put as much sugar in as there is fruit, depending on the natural sweetness of the fruit.
4. Squeeze lots of lemon juice on the mixture. This will make the jam jammy.
5. Gently heat the mixture in the saucepan until the sugar is fully dissolved into the fruit.
6. Increase the heat, bring to the boil and cook for 5-6 minutes or until the jam is set, stirring frequently.
7. Remove from the heat, skim and pour into the jars.

For an extra homemade touch, you could cut squares of gingham fabric and tie them around the tops of the jam jars with some string.

YUMMY!
ENJOY!