

## MARSHMALLOW SNOWMEN



A lovely idea and really simple to make ... a great way to raise money at your Christmas Fair too. The children get to make their own snowman and then take it away and eat it!

Perhaps not the healthiest PhunkyFoods idea ever - if you prefer something a little more on the virtuous side and more in-line with your healthy school food policy then check out our Fun Fruity Christmas Trees in the recipes section.



**Skills Check:** Follow a recipe; Follow food safety and hygiene rules; Tidy away.

**Equipment:** Cocktail Sticks or Wooden Skewers

### Ingredients:

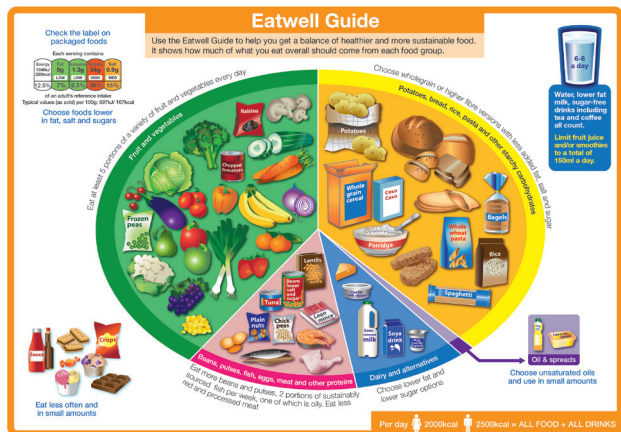
- 3 large white marshmallows
- Icing pens in black and orange
- 1 giant chocolate button
- 1 Rolo chocolate
- 1 strawberry lace sweet

### Method

1. Skewer the marshmallows together using a cocktail stick or wooden skewer.
2. Use a little of the icing pen to stick a chocolate button and Rolo to the top of your marshmallow stack.
3. Next draw on a face and buttons with your icing pens.
4. Cut your strawberry lace in three, plait and then tie around the neck as a scarf.
5. Set aside to dry for a few minutes.



## MARSHMALLOW SNOWMEN Nutrition Information



The Eatwell guide shows the proportions of the main food groups that form a healthy, balanced diet:

- Eat at least 5 portions of a variety of fruit and vegetables every day
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible
- Have some dairy or dairy alternatives; choosing lower fat and lower sugar options
- Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)
- Choose unsaturated oils and spreads and eat in small amounts
- Drink 6-8 cups/glasses of fluid a day

### So, thinking about Marshmallow Snowmen...

**Marshmallows** are low in fat but high in sugar. These types of foods are not needed in the diet and therefore should only be eaten every now and then, and only in small amounts.

**Chocolate** is high in both fat and sugar; therefore it should only be eaten in small amounts every now and then.



### Energy, sugar, fat and salt per serving

Per 30g serving

**ENERGY**  
480kJ / 115kcal **6%**

**MED** **FAT**  
2.9g **4%**

**HIGH** **SATURATES**  
1.7g **8%**

**HIGH** **SUGARS**  
16.8g **19%**

**LOW** **SALT**  
0.1g **1%**

% of an adult's reference intake

Typical values per 100g : Energy 1599kJ / 385kcal

### Notes

A **traffic light system** is used on nutrition labels to make it easier to see which foods and drinks are lower in calories, fat, sugar and salt. Try and choose more 'greens' and 'ambers' and fewer 'reds', and stick to smaller portions of 'reds'.

Just because a recipe or a food has a red traffic light doesn't mean you shouldn't eat it. Understanding why a food or recipe might have a red light can be helpful. For example oily fish is high in total fat and so any recipe containing oily fish is likely to be 'red' for fat. But it is recommended that we eat oily fish at least once a week because the type of fat it contains is beneficial for our health.

**% Reference Intakes** are also shown. Reference Intakes are guidelines about the approximate amount of particular nutrients and energy required for a healthy diet (based on an average-sized woman doing an average amount of physical activity). Most children will require less than these Reference Intakes. The contribution of one serving of a food or drink to the Reference Intake for each nutrient is expressed as a percentage