

Title: Making Jam

Age Group: Preschool – School-age

Submitted by: **Sally (Metamorphosis)**



Type of Activity: Science – Food Exploration

Food materials:

- Any type of berries (raspberry, blueberry, blackberry, strawberry)
I have chosen about 1 ½ cups of blackberries and 1 cup of blueberries
- ½ cup of sugar
- 2 Tablespoons of lemon juice
- Pinch of salt

Prepping Materials:

- A pot, stove and wooden spoon
- Potato masher
- Handheld blender
- Frozen spoons (2-3)
- Clean empty jar to pour jam into.

How to Do it:

- 1) Place metal spoons in freezer to test if jam is ready later.
- 2) Turn burner on medium setting and place fruit and sugar in the pot.
- 3) Stir constantly with wooden spoon.
- 4) As the sugar starts dissolving, use the potato masher to crush all the berries as much as possible. Don't worry if there are still some chunky fruit pieces still. If you don't have a masher, use the wooden spoon to crush the berries against the side of the pot to get the same effect.
- 5) Add lemon juice and salt and continuously stir until it thickens a bit more (about 5 mins)

- 6) While the jam is still cooking, with a handheld blender, blend the rest of the fruit while in the pot.
- 7) Keep stirring the jam, continuously for about another 10-15 minutes.
- 8) To test if jam is ready, place frozen spoon in jam and turn the spoon facing you. Run your finger through the jam on the spoon. If it leaves a distinct track in the jam, it is done. If it runs back in on itself, keep cooking the jam and check again a few minutes later with a new spoon.
- 9) When done, remove jam from heat and transfer into jars. Cover and cool completely before moving the jam to the fridge for storage.

Enjoy! Best on toast, waffles, crepes, biscuits ... even ice cream!

Root Skill / Extension:

Children love observing and seeing how adding different materials together can turn into something they can eat. They love tasting various types of food, especially if it's sweet. You can extend this activity by making some bread to go along with the jam, or try planting different seeds of veggies or fruit to see how it grows.