

THE LAB

Three things to make and do



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Make Easter nests

Celebrate the arrival of spring with these tasty treats.

What you need

- 6–8 pieces of full-size **Shredded Wheat**
- 100g unsalted **butter**
- 100g golden syrup
- 200g milk **chocolate**
- 200g dark **chocolate**
- **Chocolate** eggs for decoration

- Bowl
- Rolling pin
- Pan
- Spoon
- Baking tray
- Baking paper

Instructions

- 1** In a bowl, gently crush the Shredded Wheat with a rolling pin until they look like little sticks.
- 2** Ask an adult to help you melt the butter slowly in a pan. Once the butter has melted, stir in the golden syrup and, once they are fully combined, take the pan off the heat. Break up your chocolate and add to the pan, stirring until it has all melted.
- 3** Now, pour the mixture over the crushed Shredded Wheat and mix gently to combine.
- 4** Spoon the mixture out onto a baking tray lined with baking paper. Then, press into the middle of each clump of mixture with the back of your spoon to create a nest shape. Decorate them with chocolate eggs and pop in the fridge to set.

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



Spot the real thing

Easter is a great time to celebrate spring and new life. At this time of year, many birds are busy making their nests in trees. See if you can spot birds such as tits and finches, who may be looking for nesting sites, or even carrying twigs and other material to start building a nest. Some birds, such as robins, blackbirds and dunnocks, may have already laid eggs and will be tending to their young. Go on a woodland walk and see if you can spot any bird nests in the trees. Keep a sharp ear out for lots of chatter and birdsong, too.

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