

## How to...



# Make dreamy hot chocolate

### What you need

- 800ml whole milk
- 2 strips of orange peel
- 100g dark chocolate (70% cocoa solids)
- 100g milk chocolate
- 4 tablespoons double cream
- Handful of mini marshmallows
- A saucepan
- A knife
- A chopping board
- A slotted spoon
- A whisk
- A cheese grater

### Instructions

Put the saucepan on a medium heat and pour in milk. Drop in orange peel, and let the milk heat up until it's almost (but not quite) boiling. Leave it at that temperature, steaming steadily. Chop up the chocolate, saving a piece, then take the milk off the heat and remove the peel with the slotted spoon. Gently whisk the chocolate into the milk until it's melted and silky smooth. Now, stir in the cream. Pour the hot chocolate into four little mugs, and top with the mini marshmallows, before grating over the remaining chocolate as a garnish. This recipe is from *Enid Blyton Jolly Good Food*, by Allegra McEvedy.

**WARNING!**  
Get an adult to help you when using a hob.



Hot chocolate is great for colder days.

### STAY SAFE

A study in 2012 found that children who walked or cycled to school not only displayed better concentration in school, they also performed better in tests than those who didn't.

Stay safe near roads.



# Walk to school on your own

There is no minimum age at which you are legally allowed to walk to school on your own, but most parents think 10 is about right. Of course, each individual case is different. Some routes, for example, might be longer, or along busier roads than others, while some of you might not feel quite ready to make the step.

If you think you are, and want to convince your parents, then you need to recognise the possible risks of

walking to school on your own – although it's better to go with school friends whenever possible. You should know your route back to front – and stick to it, every day. Make sure you stick to the rules of the road and always look both ways before crossing – even at traffic lights. Always use pedestrian crossings when available. And don't dawdle, as any delay in getting to school or returning home will only raise concerns with your parents.

# Make a snazzy soup tin paperweight

### What you need

- Soup tin
- Paper
- Ruler
- Pencil
- Scissors
- Felt tips or coloured pencils
- Glue stick
- Pebbles
- Card

### Instructions

Carefully peel the label off an empty tin, then clean the tin out. Lay the label flat on a piece of paper and draw around it, to make a new label. Cut out your new label, and draw something cool. Stick the label on with glue then put pebbles in the tin to weigh it down. Finally, draw round the bottom of the tin on a piece of card to create a lid. Cut this out, stick it in place, and you've got yourself a paperweight.



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