Homemade Soda for kids

Drinks · ages 5 to 9 (grades K–3rd) · about 5 minutes · serves 2

Fizzy fruit pop, made by you! Hold on to your hat, the bubbles tickle!

Ingredients

- 1 cup orange juice
- 1 cup sparkling water
- 1 cup ice
- ¼ cup blueberries (optional)

Tools

Cups or glasses, A big jug, A big spoon, Measuring cups.

Steps

1. Wash your hands with soap for twenty seconds, then let's make Fizzy Fruit Pop!
2. Share 1 cup of ice between two glasses.
3. Pour 1 cup of orange juice over the ice, half in each glass.
4. Now pour in 1 cup of sparkling water very, very slowly.
5. Give it one slow stir with a spoon.
6. Drop in a few ¼ cup of blueberries for sparkle.
7. Sip your fizzy pop and feel the bubbles tickle your nose!

Safety notes

- None of the nine major allergens as written. Still read the labels on packets.
- Squash blueberries a little for little ones under 4.
- Freezer time.

Kitchen science

The bubbles are carbon dioxide gas squeezed into the water, and stirring hard lets it escape, so stir slowly.

Make it your own

- Use a different juice, like apple or white grape, and see how it tastes.
- Squeeze a little lemon in for a sour fizz.
- Freeze a few blueberries to use instead of ice cubes.

Free at peabody.kids/kitchen/homemade-soda