

Hands on History at Home

You'll need an adult to help you with this activity.
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Sweet Treats

Become your own Willy Wonka with sweet treats for everyone to enjoy



Sweets are often brightly coloured to catch your attention and make you want to buy them.

Did you know, before Elizabethan times, people in Britain had never heard of sugar? **Sugar cane** is grown in hot places like the Caribbean and had to be brought over on ships. Sweet treats were strictly for rich grown-ups, not children!

By the 1950s, all sorts of sweets had been invented, including liquorice, toffees, and rhubarb and custards. During event days at the Museum, you can buy traditional sweets from our Village Store. We sell them in **ounces**, as this was the unit of measurement before decimalisation. If you were very lucky you might have bought 4 ounces - a quarter of a pound.

Can you measure out a quarter of a pound at home?

Can you design your own sweet or chocolate bar?

Draw and label your sweet treat – does it have nuts, caramel, or sprinkles? Is it brightly coloured, fruity flavoured or super sour?

You could even **make an advert** for the TV, radio or a billboard.



Make Chocolate Peppermints: here's a recipe for the traditional Victorian sweet treat!

You will need: 250g icing sugar, 1 egg white, a few drops of peppermint essence, dark chocolate (optional)

Sieve the icing sugar into a large bowl and add a few drops of peppermint essence. Slowly start adding the egg white. You may need to lightly whisk the egg white to make it easier to add but it shouldn't be too fluffy. You should add enough egg white to make a soft dough.

Split the mixture into around 20 small balls and flatten them gently into discs placing them onto baking parchment to dry.

Melt the chocolate and dip the creams into the chocolate or drizzle it over the top. Leave somewhere cool for a couple of hours to fully set. Finally, eat and enjoy!