



INVENTION IS 93% PERSPIRATION, 6% INSPIRATION, AND 1% BUTTERSCOTCH RIPPLE

RESEARCH AND MAKE YOUR OWN HISTORICAL ICE CREAM SUNDAE

LEARNING OBJECTIVES

- Research a topic
- Select and combine flavours
- Create an ice cream sundae

🕒 1 HOUR

INDIVIDUAL OR PAIRS WORK – BEWARE OF TOO MANY COOKS THOUGH! (ADULT SUPERVISION MAY BE REQUIRED FOR INTERNET RESEARCH)

DIFFICULTY: ★★★★★

YOUR MISSION

I scream, you scream – we all scream for ice cream! Yup, that's right – creamy, sugary, icy yumminess. AQUILA is looking for genius Willy-Wonkas-in-the-making to research and create their very own ice cream sundae which, and here's the tasty twist, is influenced by your favourite historical figure. You'll be responsible for researching and selecting flavours fit for a king, before choosing how to plate your confectionery with a cherry on top.

Your brief is to plan and make a historically-themed ice cream sundae.

* You can find some flavour inspiration on our [Timeline of Ice Cream](#), located on page 22 of the Ice Age issue!

GET STARTED

PHASE 1:

Alright, apprentice – who is your favourite historical figure? Whomever you choose, you'll need to find out some information about them. Hit the books, load the laptop and bullet point some facts about them. Our top priority – finding out what their favourite food was!

PHASE 2:

You've done the prep, so now it's time to plan. Consider how you could link your research to your flavour profile. Choose four or five flavours and get creative. You might want to add chocolate bars, sweets, fresh fruits and other tasty morsels. Jot down a basic recipe for your sundae.

CONTINUES ON PAGE 2

PHASE 3:

We know it's going to taste delicious, but what is it going to look like? Choose a sundae glass, bowl or other vessel to create your masterpiece in (we're fans of the vase-size sundae as there's more to love, but if you don't have a vase, a cereal bowl will do...). Sketch on a piece of paper how you will layer up your superb sundae. How can you make it look like a masterpiece made of ice cream? Consider the different elements: a liquid sauce, floaty whipped cream, chunky chocolate. How could you place these in the bowl to look delicious?

PHASE 4:

Gather your ingredients, implements and cover the kitchen table – let's get cooking. Or not. Because ice cream is cold... An organised chef prepares everything first so lay out all of your ingredients, except for the melty ones – leave these till you're ready to put it all together. Start building your concoction!

PHASE 5:

This is the best bit. EATING IT. Make sure you take a photo... if you can last that long before scoffing your sundae down!

We want to see your melty masterpieces. Don't forget to send photos of your finished sundaes to the address on the readers' page of the AQUILA website, and we'll share as many as we can – if you haven't eaten them first!

THINGS TO THINK ABOUT

* Who to base your sundae on? Henry VIII with his many (many!) wives? Or how about Einstein and his incredible scientific discoveries? Amelia Earhart with her amazing adventures across the globe, or the fearless Boudicca who fought against the Romans in 60BCE? Why not choose someone inspirational to honour with your sundae recipe?

* When planning your recipe, think carefully about how you can link flavours to your historical figure's personality. It's rumoured that Amelia Earhart ate tomato juice, hard boiled eggs, chocolate and raisins when on a long flight across the world. Could you use some of these flavours in your recipe? (Mmm, tomato-flavoured ice cream...YUCK!)

* What traditional flavours go together? Chocolate and mint? Strawberries and cream? Do you want to choose classic flavour combinations, or really push the boundaries and choose some contrasting flavours like salty and sweet or sweet and sour?

* **CHALLENGE:** Can you come up with an inventive name for your ice cream sundae? Consider how you might use adjectives and puns to play with your historical figure's name.