



GET CREATIVE



15 MINUTES



PREPARATION
NEEDED

EDIBLE OLYMPIC MEDALS

PART OF THE OLYMPICS THEMED PROGRAMME



GETTING INTO THE ACTIVITY

For athletes one of the most sought after things on the planet is an Olympic gold medal. Athletes dedicate four years of their life to try to win one. Have a go at creating and wearing your own edible Olympic medal.

- 1) Carefully separate the Oreo into its two halves. The handle of a teaspoon is ideal to help pull the biscuit apart. Careful not to break the biscuit.
- 2) Place some icing onto the inside of both halves of the Oreo.
- 3) Unravel a fruit winder and place the two ends on top of the icing, to form the medal ribbon.
- 4) Carefully put the Oreo back together. If you need to, apply more icing inside to help glue the biscuit back together. Let it dry before wearing the medal.
- 5) Finally finish the medal by decorating it. You could add the Olympic rings with icing or write '1st' or 'winner' onto the medal.

Take it Further: As well as creating an edible medal, challenge children to design an Olympic medal using craft supplies too. Use the Olympic medal template and provide colouring pens & craft supplies. You could run a competition for the best designed medal.



WHAT YOU'LL NEED

- Golden Oreos
- Kellogg's Fruit Winders
- Icing
- Teaspoon
- Design an Olympic Medal Activity Sheet
- Colouring Pens & Craft Supplies



KEEPING EVERYONE SAFE

Please maintain social distancing as required. Shared equipment should be kept to a minimum. When using shared equipment, hands should be washed both before and after the activity.

DESIGN AN OLYMPIC MEDAL

