



3. Cook over a fire or BBQ

So my favourite snack to cook over the fire is a s'more, toasted marshmallow squished between two biscuits and eaten. A simple and delicious snack.

Always have an adult with you, supervising the fire and you.

Loose clothing is to be secured, neckers tucked out of the way, the fire should burn down to glowing embers.

Take a wooden skewer and push a marshmallow on the end.

Crouch down near the fire, make sure you are stable and balanced on your feet and place your marshmallow over the glowing embers of the fire. Gently rotate the skewer and marshmallow in your fingers so you evenly toast all sides. Golden brown is a good sign. Some people like very bubbly burnt marshmallows. Move away from the fire.

Count to 30 to let your marshmallow slightly cool down before eating or squish between two biscuits and eat.

Once you have finished with your skewer place on the fire or in a bin.



Here is my giant marshmallow from last weekend. I also make my own marshmallows.

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