

Edible Concrete – teacher notes

This activity imitates the process of making concrete using Oreo cookies, pudding mix, cocoa powder and milk. The resulting mix can be chilled in the fridge and then eaten.

Preparation

Ingredients:

- Milk
- Oreo cookies
- Pudding mix
- Cocoa powder

You'll also need:

- Spoons
- Bowls
- Ideally fridge access, and trays or plastic storage tubs to put the 'concrete' in to let it set

You may also want to use baking paper to line the tubs.

The video and worksheet

The video provided shows how concrete is made, both the real kind and the edible variety. The worksheet explains how the two processes are similar.

Supporting your young engineers

Do not crush the cookies too finely: they will absorb the milk too easily and create a mush. They are meant to add strength, crunch and texture.

Do not add very much milk in Step 2: the mix should still be crumbly and fairly dry at this stage.

In Step 4, encourage your young engineers to add the milk in very small amounts to their mix and keep stirring – they can always add more but they can't take any away! If you have older pupils, and/or the capacity to introduce some experimental elements into this activity, you could have your engineers measure how much 'cement' and 'water' they added, observe how runny their final mix is, and compare the results after the concrete is set. The final page of the worksheet has a table for this.