

## TONGUE TINGLING SHERBET

Sherbet is an old-fashioned tongue tingling sweet for children (and adults). Fancy a nostalgic flashback to your childhood? Now you can make it at home using simple ingredients with this easy Sherbet kit!

Sherbet is a popular sweet in the UK; even the Harry Potter character, Albus Dumbledore has a particular fondness for sherbet lemons! Most people enjoy the zingyness of the confectionery - the combination of sweet and sour. Can you work out which ingredient adds which flavour?

Sherbet powder was invented around the 1800s by chemists in Europe, when the reaction of carbonate and acid was discovered. Sherbet powder was originally used to make a fizzy drink, before carbonated drinks became common, after which time, it became a popular sweet.

Powdered sherbet is included in many sweets and confectionery. Sherbet lemons are boiled sweets with powdered sherbet centres. Flying saucers are small dimpled discs of edible rice paper typically filled with white unflavoured sherbet. Barratt's "Sherbet Fountain" consists of sherbet and a stick made from liquorice, and has been sold since 1925. Sherbet dips or Sherbet Dabs are also popular, such as the Dip Dab by Barratt. They consist of a small packet of sherbet, with a lollipop sealed into the bag. Once the lollipop has been licked, it can be dipped into the sherbet and used as a utensil for eating the sherbet. You can try this with a lollipop too.

**Did you know?** The Oldest Sweet Shop in England, is in Yorkshire, UK, and first opened in 1827

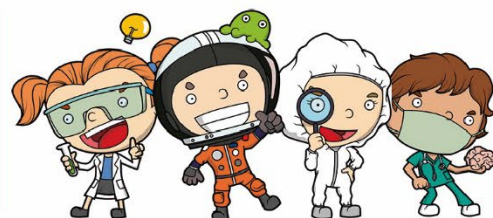
## THE SCIENCE OF FIZZING SHERBET

The fizzy sensation you get from sherbet is caused by a reaction between citric acid and sodium hydrogen carbonate. The chemical reaction doesn't begin until the dry powdered ingredients become wet. As soon it hits your tongue it dissolves in the liquid saliva and the reaction begins! This reaction creates a gas in the form of lots of tiny little bubbles. The bubbles provide the tingle in your mouth.

The bubbles of gas are carbon dioxide which we find in fizzy drinks. In carbonated drinks, the gas is dissolved in water, under pressure and causes the water to become effervescent – the fizzing or little bubbles you see in your drink. Carbon dioxide is also the same gas we breathe out (exhale) which is why drinking fizzy drinks and eating sherbet can make us...“BUURRRP! Excuse me!”

**Did you know?** The World Record for the longest burp is 1 minute 13 seconds 57 milliseconds!

# Bringing science to life!



## RECIPE FOR FIZZY SHERBET

### YOU WILL NEED

- 2 tablespoons Icing Sugar
- ½ teaspoon Citric Acid
- ¼ teaspoon Sodium Bicarbonate

## ALLERGY, INTOLERANCE AND SAFETY ADVICE

- There are no known food allergens associated with these ingredients. Avoid consumption and handling if you have a sensitivity to acids or intolerance to citrus foods.
- All ingredients have been supplied in food grade containers and handled with strict hygiene measures in place to prevent cross-contamination.
- If any ingredients get in eyes, rinse with water for several minutes, removing contact lenses, if present and easy to do so. If irritation persists, seek medical attention.
- Avoid contact with eyes. In case of contact wash thoroughly with water.
- Not recommended for people with mouth ulcers, cuts or sores.

### INSTRUCTIONS TO MAKE SHERBET:

1. Have a little taste as each ingredient is added to the mixture to see how the flavour changes.
2. Add the citric acid into the pot of icing sugar and mix thoroughly with a lolly stick.
3. Add the sodium bicarbonate into the mixture and mix thoroughly. Now taste it!
4. Keep the sherbet dry so that the reaction doesn't begin before you eat it!

**Have a tongue-tingling time!**

### LIST OF FULL INGREDIENT INFORMATION (if box provided)

#### Tate Lyle Icing Sugar:

Contains icing sugar (97%), maize starch. Suitable for Vegetarians and Vegans. Best Before End (BBE) FEB 2024.

#### Elixir Citric Acid:

Contains food grade E330 citric acid C<sub>6</sub>H<sub>8</sub>O<sub>7</sub> as a fine powder. Best Before End (BBE) MAY 2023.

#### TATA Sodium Bicarbonate:

Contains food grade E500 sodium hydrogen carbonate NaHCO<sub>3</sub> as a fine powder. Best Before End (BBE) MAY 2023.

We recommend using these supplied ingredients within a month of receiving the kit.

# Bringing science to life!

