

## Traffic Light Biscuits

# STOP. LOOK. LISTEN.



### Things you'll need:

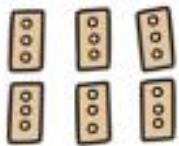
- 350g plain flour
- 1 tsp baking powder
- 100g butter, cubed
- 175g caster sugar
- 1 medium egg
- 4 tbsp golden syrup
- 30 fruit pastilles, 10 red, 10 orange, 10 green, cut in half across



1. Heat the oven to 180°C/160°C fan/Gas 4. Line 2 baking trays with non-stick baking parchment. Sift the flour and baking powder into a mixing bowl with a pinch of salt. Rub in the butter until the mixture resembles fine breadcrumbs then stir in the sugar.



2. Beat together the egg and syrup, then pour over the dry ingredients. Mix to form a soft dough. Roll out on a lightly floured surface and cut out 20 rectangles measuring about 4 x 10cm. Lift onto the baking trays. Use a 1cm cutter to stamp out 3 circles from each biscuit.



3. Place half a sweet into each circle, with a red sweet in the top hole, orange in the middle and finally green in the bottom hole.

### Top Tip

By the age of five, children are ready to learn, in addition to the above:

- The Green Cross Code (find a safe place to cross, stop, look, listen, cross with care, looking and listening all the time)
- The safest places to cross: underpasses; footbridges; where there is a crossing- patrol (lollipop) person; traffic light crossings; zebra crossings.
- In a car, only get out on the pavement side.

### The Green Cross Code

1. Find a safe place to cross
2. Stop just before you get to the kerb
3. Look all around for traffic and listen
4. If traffic is coming, let it pass
5. When it is safe, go straight across the road – do not run

Go to the **THINK!** site to read the full Green Cross Code with more detailed advice.