

Lesson 1: To analyse the ingredients of healthy bakes

Using the knowledge that you have gained from our science and PSHE topics about healthy eating you are going to analyse the recipes for 4 healthy bakes. All contain fruit or vegetables and either use an alternative to sugar or are low in sugar.

Task 1

Read through the ingredients for the four recipes below.

Sort the ingredients in to different food groups.

Draw and label them on to the three remaining Eatwell plates. (Recipe 1 is done for you as a WAGOLL)

<p><u>Recipe 1</u> <u>Carrot and Apple Muffins</u> 2 medium carrots, grated 2 medium eating apples, peeled then grated 100g ground almonds 60g raisins <u>1tsp ground cinnamon</u> <u>1 tsp baking powder</u> 75g ricotta cheese 3 eggs <u>2 tsp vanilla extract</u> 2 tsp honey 125g cream cheese</p>	<p><u>Recipe 2</u> <u>Banana and Peanut Butter Oaty Muffins</u> 2 eggs 150ml almond milk a squeeze of honey coconut oil 1 banana (mashed) 1 tbsp peanut butter <u>1 tsp baking powder</u> <u>a sprinkle of cinnamon</u> <u>a sprinkle of salt</u> <u>1 tsp vanilla extract</u> 80g porridge oats</p>
<p><u>Recipe 3</u> <u>Frozen Berry and Yoghurt Bark</u> 500g Greek Yoghurt 2bsp of honey 1 tbsp cranberries 1 tbsp raisins 5 fresh chopped strawberries 1 tbsp dark chocolate chips 1 tsp desiccated coconut</p>	<p><u>Recipe 4</u> <u>Blueberry and Banana Muffins</u> 180g oats 2 bananas 2 eggs <u>2 teaspoons of vanilla extract</u> <u>2 teaspoons of baking powder</u> 2 handfuls of blueberries</p>

Task 2

Highlight the ingredient(s) in each of the recipes that would give sweetness.

Task 3

Your opinion. Which of the recipes would you most like to try and why?

Support

I would most like to try _____ because _____

I would least like to try _____ because _____

After because...			
I like...	I prefer...	I am a fan of...	my favourite fruit / vegetable is...