# Practical Activity One

## As Sweet As Sugar

The use of sweeteners in food products is increasing.

**Task 1**

Working in groups of four, **make** one quantity of cupcakes each using the sugars listed below.

Note that you may need to change the quantity of sweetener required; refer to the ratio substitutions listed.

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| **Student One** | **Student Two** | | **Student Three** | | **Student Four** | |
| Caster Sugar | Splenda | | Xylitol | | Stevia or Monk Fruit | |
| 100g caster sugar = 100g sugar | 100g caster sugar = 10g Splenda | | 100g caster sugar = 100g xylito | | 100g caster sugar = 35g stevia powder  100g caster sugar = 100g Monk Fruit | |
| **Cupcake Recipe** | | | | | | |
| **Ingredients:** | | | | | | |
| * 80g butter | | * 85g caster sugar | | * 2 ½ ml vanilla extract | | * 90g beaten eggs |
| * 125g self-raising flour | | * 125 ml milk | | * 10-20 ml milk, extra | | * Pinch salt |
| **Method:**   1. **Preheat** oven to 180°C. **Line** 1 x 12-hole muffin tray with paper cases. 2. Using an electric beater, **cream** butter, and sugar until light and fluffy. 3. **Add** the eggs and 50g of self-raising flour. Stir gently. 4. **Add** the remaining ingredients and **mix** until the mixture is smooth and creamy. 5. Using two spoons, **spoon** the mixture into the patty cases to about two-thirds full. 6. **Bake** for 15 to 20 minutes or until they are golden brown, have risen, and spring back when lightly touched. 7. **Cool** on cake cooler. | | | | | | |

**Task 2**

**Sensory Analysis**

**Conduct** a sensory analysis of each cupcake made using the different types of sweeteners.

**Complete** the table below by placing a tick in the column that best describes how you feel about the taste of the cupcakes.

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| **Sweetener** | **Too Sweet** | **A little too sweet** | **Just the right amount of sweetness** | **Not sweet enough** | **Hardly sweet at all** |
| Caster Sugar |  |  |  |  |  |
| Splenda |  |  |  |  |  |
| Xylito |  |  |  |  |  |
| Stevia Powder or Monk Fruit |  |  |  |  |  |

**Task 3**

**Discussion**

1. Which cupcake did you find the sweetest? Which cupcake did you find the least sweet?

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1. Would you be likely to use sweeteners in your baking? Why? Why not?

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**Task 4**

**Conduct** some research to analyse how the nutritional efficacy of this food fad and trend aligns with the Australian Guide to Healthy Eating.

**Answer** the following questions:

1. What are the advantages and disadvantages of using sugar replacements?

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1. What kinds of foods are sugar replacements usually used in?

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1. How does the use of sugar replacements align with the nutritional efficacy of the Australian Guide to Healthy Eating and the Australian Dietary Guidelines?

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1. How does the use of sugar replacements align with the nutritional efficacy of the Australian Dietary Guidelines?

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# Practical Activity Two

## Fad Diets

**Task 1**

**Select** one of the recipes below from the fad diets listed:

* Paleo Diet

<https://www.taste.com.au/recipes/chicken-cauliflower-fried-rice/7866abf9-352a-4276-8031-38e87dd87dfd>

* Keto Diet

<https://www.taste.com.au/recipes/keto-bacon-chicken-kiev-recipe/3ttqf7ld>

**Task 1**

Working in groups of two, **make** half a quantity of one of the recipes listed.

**Task 2**

**Conduct** some research to analyse how the nutritional efficacy of this fad diet aligns with the Australian Guide to Healthy Eating.

**Answer** the following questions:

1. Describe this fad diet.

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1. What foods are people who follow this diet permitted to eat?

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1. What foods are people who follow this diet not permitted to eat?

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1. How does this fad diet align with the nutritional efficacy of the Australian Guide to Healthy Eating?

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1. How does this fad diet align with the nutritional efficacy of the Australian Dietary Guidelines?

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