

Many snack bars have a healthy image but are high in fat and sugar and often low in fibre. **In pairs** design and make a healthy snack bar that could be suitable to be eaten after sport.

<b>Ingredients:</b>	<b>Basic ingredients:</b>  180g rolled oats 115g weetabix or cornflakes 1 cup 100% orange juice 1/3 cup honey 2 egg whites  <b>Choose 120g of additional ingredients:</b>  30g chopped roasted almonds 30g sultana 30g raisins 30g chopped dried apricots 30g dried cranberries 30g dried pineapple 30g dates 30g desiccated coconut 30g dried banana chips 30g chopped walnuts 15g pumpkin seeds 15g sunflower seeds 1/2 teaspoon ground cinnamon (optional)
<b>Equipment:</b>	<ol style="list-style-type: none"> <li>1. Wash hands, collect aprons.</li> <li>2. Collect ingredients and equipment.</li> <li>3. Preheat oven to 180°C .</li> <li>4. Oil 20cm x 30cm baking tray.</li> </ol>
<b>Method:</b>	<ol style="list-style-type: none"> <li>1. Crush weetabix or cornflakes.</li> <li>2. Chop any dried fruit or nuts.</li> <li>3. Combine all dry ingredients in a mixing bowl.</li> <li>4. Place honey and orange juice in a small saucepan and bring to the boil. Reduce and simmer for 8 - 10 minutes.</li> <li>5. Stir syrup into dry ingredients.</li> <li>6. Press mixture firmly into prepared baking tray.</li> <li>7. Bake in preheated oven about 20 - 25 minutes or until lightly browned.</li> <li>8. Allow to cool then cut into rectangles.</li> </ol>

## **Design Ideas**

Sketch, colour and annotate 3 different design ideas for a healthy snack/sports bar. Refer to the list of ingredients provided when designing.

Then choose one to make next lesson. Plan your practical using the planning sheet on page 3.

<b>Product name:</b>	Time-plan for snack bar
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Quantity	Ingredient
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[illegible]

**Equipment:**


**Cooking time and temperature:**

[illegible]

## Nutritional Analysis

Analyse the nutritional value of a range snack/sports bars. The healthiest choice would be a bar low in calories, fat and sugar as well as high in protein and fibre.

Per 100g	Special K Bar Blueberry	Alpen Light Summer Fruits	Nature Valley Chewy Trail Mix	Carmen's Energy Food Bars	Mars Bar
<b>Energy Kcal</b>	390	283	400	435	473
<b>Protein</b>	4.3g	5.8g	8.58g	8.6g	3.4g
<b>Carbohydrates</b>	78.1g	56.9g	71.5g	58g	70.5g
<b>Sugars</b>	39g	23g	40g	21.4g	61.2g
<b>Fat</b>	6.5g	3.6g	11.4g	17.5g	17.4g
<b>Saturated Fats</b>	4.3g	1.3g	1.4g	3.4g	10.4g
<b>Fibre</b>	2.4g	2.5g	2.6g	5.3g	0.4g
<b>Sodium</b>	0.39g	0.22g	0.28g	0.4g	1.5g
<b>Bar Weight</b>	23g	21g	35g	45g	60g

1. Which bar is lowest in fat, especially in saturated fat?

2. Which bar has the highest number of calories?

3. Which bar has the least amount of sodium (salt)?

4. Which bar has the greatest amount of sugar?

5. Which bar has the greatest amount of fibre?

6. Which bar has the most protein?

7. Based on your analysis, which bar would be considered the healthiest choice?

8. Identify some interesting points about the nutritional value of the mars bar when compared to the other bars.

### Nutritional analysis of your bar!

1. Use the Nutrition software to create a nutrition label for your product. Paste it in the space below.

2. Compare the nutritional value of your design/bar to the one that was considered the 'healthiest' option of all the bought bars.

[illegible]