



Drinks disassembly - Complete the missing information in the table below.

Per 100ml	Trek Fruit Punch	Glaceau Vitamin Water	Nudie Crushie Orange Mango & Pineapple	Naked Strawberry/ Banana	Weider in Jelly Fibre
Ingredients		Water, cane sugar, fructose, acidity regulator, natural flavor, Vit C, thickener (guarana seed extract), natural caffeine, niacin, Vit B5, colour (b-carotene), Vit B6, Vit B12			Apple juice, guar gum, sweetener, high fructose corn syrup, malic acid, gelling agents, flavours, acid, gelling agent, emulsifiers, sweeteners
Target group					
Cost	\$4.06	\$2.53	\$10.40	\$8.60	\$6.11
Energy Kcal	28	20		50	19
Protein	0	0		0.4g	0
Carbohydrates	7.1g	5.4g		12.1g	-
Sugars	6.8g	5.4g		9.6g	6.1g
Fat	0	0		0	0
Fibre	-	-		0	2.8g
Sodium	47.4mg	0		8.3mg	26.7mg

Having looked at a range of drink products, list some ingredients you would like to consider using in your designs for a drinks product.

Design Ideas

Design three ideas for a drink using the ingredients listed below. Add colour and annotation to your ideas. Then **in pairs** choose one to make next lesson. Plan your practical using the planning sheet on page 3.

Choose a maximum of 150ml of

Liquid Ingredients:

Skimmed milk
Apple juice
Orange juice
Pineapple juice
Plain low fat yoghurt
Water

Optional extras:

2 tbsp honey
Pinch of nutmeg or cinnamon

Choose a maximum of 3

Fruit Ingredients:

1 orange
1/2 banana
1/2 mango
50g fresh strawberries
50g frozen mixed berries
30g blueberries
1 kiwi
70g watermelon
1/2 apple

Design Ideas

Product name:	Time-plan for drink
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Quantity	Ingredient
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[illegible]

Time	Method
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[illegible]

Nutritional Value

1. Using the Nutrition Program software, create a nutrition label for your drink. Paste it in the space below.

2. Analyse the nutritional value of your drink in comparison to the recommended dietary intake values (GDA) shown when you have completed your recipe in the Nutrition Software.

A) What percentage of energy (kJ/kcal) does it provide for your age group?

B) What percentage of total sugar does it provide for your age group?

C) What percentage of fat does it provide for your age group?

D) What percentage of protein does it provide for your age group?

E) What conclusion can you make regarding the nutritional value of this drink?

F) What modifications could be made to make it healthier or if needed, tastier?

Design Extension Task

Option 1

Design a new label for the drink you have designed. The label will be used on the package of the drink bottle. Add colour and annotation to your ideas.

Option 2

Design a new package for your drink. This could be a bottle, can or tetra-pak. Add colour and annotation to your ideas.