**MC900295808[1]HEALTHY MUFFINS: Investigation**

**Name:**

Class:

Teacher:

**Overview:**

Muffins are a versatile and portable snack enjoyed by many.

A muffin is an individual-sized, baked quick bread product. They are similar to cupcakes in size and cooking methods, the main difference being that cupcakes tend to be sweet desserts using cake batter, often topped with sugar frosting while muffins are available in both savory varieties, such as cornmeal and cheese muffins, or sweet varieties such as blueberry, chocolate chip or banana flavours.

Muffins are often eaten as a breakfast food. Fresh baked muffins are sold by bakeries, donut shops and some fast food restaurants and coffeehouses. Factory baked muffins are sold at grocery stores and convenience stores and they are also served in some coffee shops and cafeterias.

You need to investigate the variety of muffins available on the market to purchase.

First investigate the importance of fibre and nutrients in your diet through the Nutrition Australia website. [www.nutritionaustralia.org](http://www.nutritionaustralia.org) Look at the Muffin Break Website for inspiration completing you PMI [www.muffinbreak.com.au](http://www.muffinbreak.com.au)

Remember to:

* **Save As** when you have completed your PMI chart and questions.
* Change the title of the document to “Year 8 Muffin Task *Your Name*”.
* **Close the file** and then copy and paste this file into the **Hand in Work** folder.

1. What is healthy eating? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (1 mark)
2. List six (6) suitable, or healthy, foods you can snack on.

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1. There are three main types of fiber found in foods, all of which have different functions in the body. For the best effects on digestive health, all of these are essential to a healthy diet. They are:

* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (1.5 marks)

1. Fibre-rich foods can also help keep you feeling \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, meaning you don’t get hungry as often. It can also improve \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_ levels, and can assist in preventing some diseases such as \_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_ and bowel cancer.

(1.5 marks)

1. For the best digestive functioning, it is recommended that males eat at least \_\_\_\_ grams of fibre each day and females eat at least \_\_\_\_\_ grams of fibre each day. (1 mark)
2. Complete the PMI chart below using the ‘Muffins’ tab under “Menu” on the website. ***HINT:*** *You will need to click on the recipe category and then the recipe title to see the nutritional information and ingredients. Use this information to guide your responses.*

Muffin Break has split their muffins in to eight different groups or categories. Choose one muffin from each category. Explore them all for ideas and inspiration.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Category** | **Recipe Title** | **Plus** | **Minus** | **Interesting** | **Rank**  **(1-9)** |
| *Eg. Traditional* | *Raspberry Cream Cheese* | *The flavours sound like a combination I would enjoy* | *22.3g sugar and 13.9g fat per 100g.*  *Compared to GF version, this is a less healthy muffin.* | *They used a basic hi fibre muffin mix to start the recipe. Has 3.7g fibre.* | *1 = Least likely to purchase or try* |
| **Traditional** |  |  |  |  |  |
| **Dairy Free** |  |  |  |  |  |
| **Bran** |  |  |  |  |  |
| **Gluten Free** |  |  |  |  |  |
| **Lower Carb** |  |  |  |  |  |
| **Low Fat** |  |  |  |  |  |
| **Premium Delight** |  |  |  |  |  |
| **Savoury** |  |  |  |  |  |

(4 marks)

TOTAL MARKS /12