



To taste familiar/ unfamiliar foods

This half term in DT, you will be baking your own healthy fruit muffins!

Task 1- Answer the questions below into your Home Learning Books

- 1) What is a muffin?
- 2) When would you eat one?
- 3) Why is breakfast important?
- 4) Can you make a muffin healthy? How could you make it healthy?
- 5) What food group/s does it belong to? (Think back to our Science work in the autumn term!)
- 6) Why do we need some fats in our diet?
- 7) Why do we need some carbohydrates in our diet?
- 8) What could we use to sweeten the muffins rather than using sugar?

Task 2- Taste test

Before baking your muffins in a few weeks, it is important to plan out what ingredients you will need to make your muffins healthier. As you will not be using sugar, you are going to be using fruit instead. Fruits contain natural sugars which will give your muffins that sweet taste!

For this next task you will need to choose a flavour for your muffin. To do this, you will need to carry out a taste test to see which fruits you like and would want to put inside your muffins. If possible try to have around 3-5 different types of fruits to try. Here are some options of fruit you could use:



blueberry, banana, strawberry, raspberry and raisins.

(If you have other fruits in your house you would rather test then this is absolutely fine!!)

In your Home learning books- draw a table (like the example shown here) and fill in the columns. You will need to tick or cross if you like or dislike the fruit and then explain what you think the fruit looks, tastes and feels like?

Once you have finished your taste test, make a decision as to which fruit (or 2 fruits) you will use for your muffins.

Which fruit(s) have you chosen and why?

Ingredients	Like ✓ dislike ✗	1) What does it look like? 2) What did it taste like? 3) What was the texture like?
 Strawberries	✓	1) Strawberries are round with a deep red base, yellow seeds and a green stalk at the top. 2) Strawberries have a refreshing sweet taste and are very juicy. 3) When I hold a strawberry, it feels smooth. However, the seeds inside the skin feel slightly rough. I enjoyed eating them.
 Raspberries	✓	1) Raspberries are very small and a deep pink colour. 2) They are sweet to taste. 3) They feel smooth but can be furry if they aren't washed

Task 1- Answers

1. 1) What is a muffin?

A muffin is a small domed spongy cake made with eggs and baking powder.

2) When would you eat one?

Depending what is in the muffin, you could eat it at any time of the day. It could be a breakfast muffin if it contained eggs or fruits, or it could be a treat if it had chocolate chips inside.

3) Why is breakfast important?

Breakfast is very important as it gives you energy to start the day and helps your brain and body to function. You would feel very tired if you didn't have breakfast.

4) Can you make a healthy muffin? How could you make it healthy?

You can make a muffin healthy as it doesn't necessarily need sugar. You can either use the natural sugars in fruit or make savoury muffins.

5) What food group/s does it belong to?

Muffins mostly belong to the healthy fats and carbohydrate food groups. This provides energy.

6) Why do we need some fats in our diet?

Fats are important in our diet because it gives the body some energy to function. There are some foods with healthier fats than others such as an avocado.

7) Why do we need some carbohydrates in our diet?

Carbohydrates are very important in our diet as this is our main source of energy to function each day.

8) What could we use to sweeten the muffins rather than using sugar?

We could use fruits or honey.