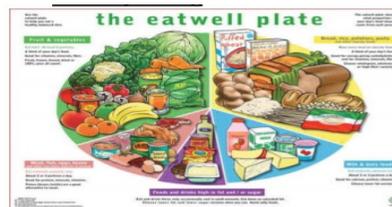


**Real life examples**

- There are lots of different snack bars
- Some are homemade and some are manufactured.



- Some snack bars are healthier than others.
- Some claim to be healthy but are they really? Read packaging and recipes carefully. Some may actually be high in sugar - remember the eat well plate!
- Also remember some bars can contain seeds and nuts that some people may be allergic to.



**Steps to Success**

**Designing:**

- What snack bars do you like? Why do you like them?
- Have you done a sensory evaluation ?
- What snack bars do your class like?
- What ingredients will make your snack bar healthy?
- Have you used the eat well plate to check your snack bar is healthy and balanced?
- Have you created a recipe? Have you created a method ?
- How will you make your snack bar appealing?
- What equipment will you need to make your snack bar?

Snack bar	Appearance	Taste	Texture	Marks out of 10
Summer fruits	Pale with colourful bits Glossy, Shiny	Fruity Berries	Chewy Crumbly Sticky	8
Raisin and Chocolate	Golden with dark bits, bumpy	Chocolaty Sweet	Crunchy, crisp	9

**Making:**

Are you following the hygiene rules? Are you following your method?  
 Are using the correct equipment? Are you using the correct techniques?



**Evaluating:**

Does your product meet the needs of the user and fulfil the purpose? Do you like your snack bar?  
 How would you describe your bar using sensory words? What design decisions could you change to improve it?  
 Is it innovative?

**Vocabulary:**

combine	to mix together different ingredients
evaluate	to decide how well something works and what could be changed or improved
hygiene	the practice of keeping clean to stay healthy and prevent disease.
ingredients	foods or substances that are combined to make a particular dish
measuring	finding the exact size, weight, or amount
nutrients	things in food that the body needs to be healthy.
recipe	a set of instructions for preparing a dish, including a list of the ingredients required
sensory evaluation	testing of foods using the senses: appearance, smell, taste and texture to evaluate
texture	how something feels or looks
utensil	a tool, container, or other article for use in the kitchen

**Golden Threads**

User	who the product is for
Purpose	the job your product is supposed to do
Design Decisions	making choices about your design
Innovation	using your own ideas or methods