**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Period: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Quickbread Comparison**

**Instructions: Compare the made from scratch and convenience quickbread and fill out the information.**

|  |
| --- |
| *What’s a hypothesis?**A supposition or proposed explanation made on the basis of limited evidence as a starting point for further investigation.* |

**Which quickbread, the one from scratch or the convenience one, will taste better?**

**Hypothesis:**

1.

**Explain your Reasoning**: **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Cost  | Total Fat | Saturated Fat | Sodium |
| 2 1/4 c. flour |  |  |  |  |
| 1 Tbsp. baking powder |  |  |  |  |
| 1/2 tsp. salt  |  |  |  |  |
| 1/2 tsp. baking soda |  |  |  |  |
| 1/4 c. Shortening |  |  | Ingredient |  |
| 1/4 c. Butter or Margarine |  |  |  |  |
| 3/4 c. buttermilk |  |  |  |  |
| Totals |  |  |  |  |
| Cost per Serving | Total Cost / Number of Servings = Cost per Serving |  |

**QUICK BREADS COMPARISON AND CRITIQUE**

*Instructions: Taste test the quick bread and convenience quick bread food. Compare and critique each one based on taste/texture/flavor and nutritional value and cost comparison.*

*The nutrition label cost/unit pricing will be provided by each food.*

* For the Taste/Texture/Flavor: grade the food product on a scale of 1-5 (1 is low, 5 is high)

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Taste (1-5)** | **Cost per serving** | **Calories** | **Total Fat** | **Saturated Fat** | **Sodium** |
| Biscuits from Scratch: |  |  |  |  |  |  |
| Refrigerator Biscuits: |  |  |  |  |  |  |

**Analysis**

*Instructions: Now that you have rated which foods you prefer (“from scratch” or “convenience food”), collected nutritional data and compared costs, answer the following questions in complete sentences:*

1. Did you find that sodium levels were higher in “from scratch” foods or “convenience” foods? Explain your reasoning.

2. What could be the advantages of cooking quick breads from scratch vs. buying the same product as a convenience food (ready made)?

3. What could be the disadvantages of cooking quick breads from scratch vs. buying them as a convenience food?

4. Using the data you collected, which foods did you find were generally more nutritious (from scratch or convenience food)? Why? Explain your reasoning.

5. Give a real-life example where you personally would choose a convenience quick bread over a “from scratch” quick bread?

6. Give a real-life example where you personally would choose a “from scratch” quick bread over a convenience quick bread?

1. Reflecting on the data you have collected, explain whether your hypothesis was correct, or not? Cite supporting examples from the data.

**EXTRA CREDIT OPTION:**

List 3 ingredients from the food labels (either convenience or from scratch) and investigate their function in the food.