

Our brief was to make a healthy biscuit or muesli bar that used 10% milk powder. In consultation with our mentors we decided to make a biscuit. Key targets for our food were it had to be tasty, easy to eat while walking and healthy enough that parents would accept it as a breakfast substitute.

We searched the internet for a breakfast biscuit recipe and found Americans call scones 'biscuits'! Once we substituted the 'cookie' we found lots of possible recipes and just chose one that looked like we would like to eat, and that had stuff in it that looked healthy. We made it first as written and tested that on the prefects, then decided to take the egg out and put milk powder in, and add cinnamon. We then re-tested with the prefect group to see if we had made it more or less likeable. We wanted to make something teenagers would choose to eat so we made sure we had a recipe with chocolate in it!

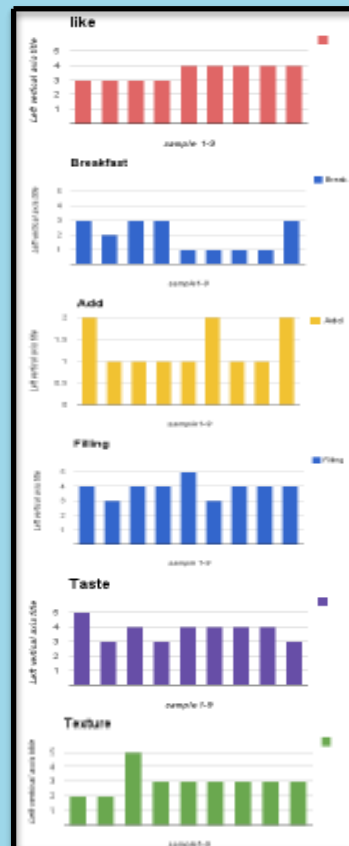
With better time management we would have liked to do more variations and testing. We only had average 'liking' of our second recipe, and it would have been good to get more 'likes'. We never got onto safety testing, and so we don't know how long the biscuit would keep. It has apple sauce in it, which means it is not a dry biscuit and might be prone to mould. It would certainly need sealing in plastic or tin foil if it was going to have a four to six week shelf life. It would certainly need sealing in plastic or tin foil if it was going to have a four to six week shelf life.

Custard Biscuit		Nutrition Information	
Per 100g	100g	Per 100g	100g
Energy	1000	Energy	1000
Protein	10	Protein	10
Carbohydrate	100	Carbohydrate	100
Fat	10	Fat	10
Sodium	10	Sodium	10
Calcium	10	Calcium	10
Iron	10	Iron	10
Vitamin A	10	Vitamin A	10
Vitamin B1	10	Vitamin B1	10
Vitamin B2	10	Vitamin B2	10
Vitamin B6	10	Vitamin B6	10
Vitamin C	10	Vitamin C	10
Vitamin E	10	Vitamin E	10
Vitamin K	10	Vitamin K	10
Vitamin B12	10	Vitamin B12	10
Vitamin D	10	Vitamin D	10
Vitamin B9	10	Vitamin B9	10
Vitamin B3	10	Vitamin B3	10
Vitamin B5	10	Vitamin B5	10
Vitamin B7	10	Vitamin B7	10
Vitamin B8	10	Vitamin B8	10
Vitamin B10	10	Vitamin B10	10
Vitamin B11	10	Vitamin B11	10
Vitamin B12	10	Vitamin B12	10
Vitamin B13	10	Vitamin B13	10
Vitamin B14	10	Vitamin B14	10
Vitamin B15	10	Vitamin B15	10
Vitamin B16	10	Vitamin B16	10
Vitamin B17	10	Vitamin B17	10
Vitamin B18	10	Vitamin B18	10
Vitamin B19	10	Vitamin B19	10
Vitamin B20	10	Vitamin B20	10
Vitamin B21	10	Vitamin B21	10
Vitamin B22	10	Vitamin B22	10
Vitamin B23	10	Vitamin B23	10
Vitamin B24	10	Vitamin B24	10
Vitamin B25	10	Vitamin B25	10
Vitamin B26	10	Vitamin B26	10
Vitamin B27	10	Vitamin B27	10
Vitamin B28	10	Vitamin B28	10
Vitamin B29	10	Vitamin B29	10
Vitamin B30	10	Vitamin B30	10
Vitamin B31	10	Vitamin B31	10
Vitamin B32	10	Vitamin B32	10
Vitamin B33	10	Vitamin B33	10
Vitamin B34	10	Vitamin B34	10
Vitamin B35	10	Vitamin B35	10
Vitamin B36	10	Vitamin B36	10
Vitamin B37	10	Vitamin B37	10
Vitamin B38	10	Vitamin B38	10
Vitamin B39	10	Vitamin B39	10
Vitamin B40	10	Vitamin B40	10
Vitamin B41	10	Vitamin B41	10
Vitamin B42	10	Vitamin B42	10
Vitamin B43	10	Vitamin B43	10
Vitamin B44	10	Vitamin B44	10
Vitamin B45	10	Vitamin B45	10
Vitamin B46	10	Vitamin B46	10
Vitamin B47	10	Vitamin B47	10
Vitamin B48	10	Vitamin B48	10
Vitamin B49	10	Vitamin B49	10
Vitamin B50	10	Vitamin B50	10
Vitamin B51	10	Vitamin B51	10
Vitamin B52	10	Vitamin B52	10
Vitamin B53	10	Vitamin B53	10
Vitamin B54	10	Vitamin B54	10
Vitamin B55	10	Vitamin B55	10
Vitamin B56	10	Vitamin B56	10
Vitamin B57	10	Vitamin B57	10
Vitamin B58	10	Vitamin B58	10
Vitamin B59	10	Vitamin B59	10
Vitamin B60	10	Vitamin B60	10
Vitamin B61	10	Vitamin B61	10
Vitamin B62	10	Vitamin B62	10
Vitamin B63	10	Vitamin B63	10
Vitamin B64	10	Vitamin B64	10
Vitamin B65	10	Vitamin B65	10
Vitamin B66	10	Vitamin B66	10
Vitamin B67	10	Vitamin B67	10
Vitamin B68	10	Vitamin B68	10
Vitamin B69	10	Vitamin B69	10
Vitamin B70	10	Vitamin B70	10
Vitamin B71	10	Vitamin B71	10
Vitamin B72	10	Vitamin B72	10
Vitamin B73	10	Vitamin B73	10
Vitamin B74	10	Vitamin B74	10
Vitamin B75	10	Vitamin B75	10
Vitamin B76	10	Vitamin B76	10
Vitamin B77	10	Vitamin B77	10
Vitamin B78	10	Vitamin B78	10
Vitamin B79	10	Vitamin B79	10
Vitamin B80	10	Vitamin B80	10
Vitamin B81	10	Vitamin B81	10
Vitamin B82	10	Vitamin B82	10
Vitamin B83	10	Vitamin B83	10
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Vitamin B85	10	Vitamin B85	10
Vitamin B86	10	Vitamin B86	10
Vitamin B87	10	Vitamin B87	10
Vitamin B88	10	Vitamin B88	10
Vitamin B89	10	Vitamin B89	10
Vitamin B90	10	Vitamin B90	10
Vitamin B91	10	Vitamin B91	10
Vitamin B92	10	Vitamin B92	10
Vitamin B93	10	Vitamin B93	10
Vitamin B94	10	Vitamin B94	10
Vitamin B95	10	Vitamin B95	10
Vitamin B96	10	Vitamin B96	10
Vitamin B97	10	Vitamin B97	10
Vitamin B98	10	Vitamin B98	10
Vitamin B99	10	Vitamin B99	10
Vitamin B100	10	Vitamin B100	10

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Vitamin B98	10	Vitamin B98	10
Vitamin B99	10	Vitamin B99	10
Vitamin B100	10	Vitamin B100	10

MOOVIN MEALS

We produced a survey to make sure that people enjoyed and liked the taste texture etc. of the biscuits we surveyed the year thirteen group of students they enjoyed the biscuit as a food but they didn't think that it would be a potential breakfast biscuit as it didn't fill them or give them the energy they needed our second survey went a bit better and they enjoyed the biscuit a little more.



Successes

We managed to work together as a team quite well, and nobody hates each other at the end of the project which is actually really important in the workplace or school. We had regular meetings and although progress ended up being too slow in the end it was steady.

We did come up with a product that met the brief of being healthy and being able to be eaten on the run, and which included 10% milk powder.

Problems

Time management was a major issue, and if we had to do this again we would keep a closer eye on the time line, break up the time line into smaller units and be much stricter about meeting deadlines. We just needed to do more stuff quicker so there was less stuff to do at the end.

We would use our mentors more to make sure we were doing everything that needed to be done. We probably needed to talk to Konrad more about what we had done and what we needed to do next.

We did do any safety testing of our food like they do in the factories.