BISCUITS

There are different ways to make biscuits and different types of coatings and fillings. Biscuits are often used as a sweet treat but there are also types of savoury biscuits which can be used for snacks eg crackers oatcakes. Sweet biscuits contain sugar but savoury types do not, they make be flavoured with herbs or cheese.

SUSTAINABILITY INGREDIENTS

Oats are a sustainable food which means that producing them doesn't harm the environment. Oats are grown in a field and when they are harvested, the soil is turned and new seeds are planted for next years crops so the crop keeps producing oats year on year. Oats are grown in Scotland because they grow well in a cooler climate with lots of rain. They also need lots of space to grow and there is a lot of farmland in Scotland.

NUTRITION - THE EATWELL PLATE

In this project, we make some healthier types of biscuits. All biscuits contain sugar and butter but these ingredients can be swapped for healthy options which include brown sugar and margarine. We can also add other healthy ingredients as flavours eg nuts and raisins or other types of fruit. Fillings and toppings for biscuits are frequently unhealthy eg chocolate, cream fillings are high in sugar so plain biscuits are a healthier choice.

In this section we use oats which are a good source of protein, dietary fibre and vitamins as well as carbohydrate. We make chocolate biscuits using cocoa from the cacao bean grown on trees. Cocoa is turned into chocolate by adding fats and sugar which means that coca powder is a healthier option to chocolate.

KEY VOCABULARY

Mixture
Dough
Knead
Weigh
Baking tray
Oats
Plain flour
Energy
Dietary fibre
Vitamins
Unrefined ingredients

Creaming
Sweeten
Roll
Texture / consistency
Essence
Protein
Fats
Carbohydrate
Cocao bean
Cocao pod

BISCUIT TYPES

The biscuits below contain refined or processed ingredients.
Biscuits can be made with unprocessed ingredients which are healthier

Savoury biscuits don't contain sugar but they can be high in salt.