

Instant Deserts

Approach: Station

Level: Year 8

Focus: Interpretation of tables.

Resources: Packet of banana split instant dessert; packet of strawberry mousse instant dessert.

DESSERT MIX

Gregg's

Instant Desserts

BANANA SPLIT

SERVING SUGGESTION

BANAN SPLIT

DIRECTIONS:

1. Pour 500ml (2 cups) cold milk into a bowl.
2. Sprinkle sachet contents on milk.
3. Whisk with a rotary beater for 60 seconds or until well mixed.
4. Pour into serving dishes and set in refrigerator for 5-10 minutes.
5. Instant Dessert should be eaten on day of preparation.

RECIPE:

QUICK BANANA MUFFINS

350g packet plain cake mix
1 cup milk
1 egg
1 sachet Gregg's Banana Split Instant Dessert
1/4 cup oatbran

1. Put the cake mix, milk, egg, instant dessert and oatbran into a bowl.
2. Beat with an electric beater for four minutes.
3. Three-quarters fill 12 well-greased muffin tins.
4. Bake at 180°C for 15 minutes. Makes 12.

GUARANTEE OF QUALITY
This product is unconditionally guaranteed. If not in perfect condition, please write to: Gregg's Customer Services, P.O. Box 58-095, Greenmount, Auckland, New Zealand, enclosing the empty sachet. It will be replaced without question.

NUTRITION INFORMATION
Based on 4 servings per sachet when made up as directed with standard homogenised milk.

	PER 142g SERVE	PER 100g
ENERGY		
- (kJ)	588	414
- (kcal)	141	99
CARBOHYDRATE		
- TOTAL (g)	22.4	15.8
- SUGAR (g)	19.7	13.9
PROTEIN - (g)	4.3	3.0
FAT - (g)	4.4	3.1

INGREDIENTS
SUCROSE, MODIFIED POTATO STARCH, EMULSIFIERS (450,471), ACIDITY REGULATORS (339,341,333), THICKENER (415), FLAVOURING, COLOURING (124,102).

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CEBROS LIMITED 291 EAST TAMAKI RD. EAST TAMAKI, AUCKLAND, NEW ZEALAND.

The dessert on a lighter note

Gregg's

Guiltless Mousse

Reduced-Calorie

Strawberry Flavour

SERVING SUGGESTION

DIRECTIONS:
For best results use a twin beater electric cake mixer and eat on the same day.

1. Pour 125ml cold non-fat milk into a jug. Add contents of sachet.
2. Mix in powder on low speed for one minute, scraping mix from sides of jug.
3. Whip on highest speed for four minutes, until mousse is fluffy.
4. Spoon into serving dishes and refrigerate for at least one hour before serving.

STRAWBERRY FLAVOUR
CONTAINS ARTIFICIAL SWEETENERS

SERVING SIZE 125ml **SERVINGS PER SACHET : 2**

When prepared as directed with non-fat (0.1% fat) milk

	Per serve 227kJ (54cal)	Per 100ml 182kJ (43cal)
Energy*	2.9g	2.3g
Protein	1.6g	1.3g
Fat	10.6g	8.5g
Carbohydrates - Total	3.9g	3.1g
- Sugars		

*Gregg's Guiltless Strawberry Mousse contains 227kJ per 125ml serving, compared to 450kJ in standard Gregg's Strawberry Mousse.

PHENYLKETONURICS: CONTAINS PHENYLALANINE.

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INGREDIENTS: POLYDEXTROSE, MODIFIED TAPIOCA STARCH, HYDROGENATED VEGETABLE OIL, GLUCOSE SYRUP SOLIDS, EMULSIFIER (472a), GELATIN, THICKENER (407), SODIUM CASEINATE, FLAVOUR, ARTIFICIAL SWEETENER (950,951), COLOUR (124).

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Questions/instructions:

You have two packets of instant desserts. Look at the information on the back of the packets.

Questions/instructions:		% responses
You have two packets of instant desserts. Look at the information on the back of the packets.		y8
1. How much fat does banana split have for every 100g?	31g 3.1	56 34
2. How much fat does banana split have for every 142g serve?	4.4g 4.4	53 35
3. How much fat does strawberry mousse have per serve?	1.6g 1.6	75 14

Commentary:

Year 8 students were very successful with this task, but substantial proportions of the students neglected to record the units (g) in the four responses.

Questions/instructions:		% responses
4. If you want the dessert with the smaller amount of fat, which would you choose?	strawberry	85
5. Which dessert has the most protein per serve?	banana split	89
6. How much protein per serve does it have?	4.3g 4.3	41 32