

Unit Members:

Today, you are going to make with your unit:

Crunchy Munchy Chocolate-Peanut Goop

Instructions:

1. You will work only as a group without discussing the recipe with the teacher or other classmates.
2. **ONE** person will bring a tray to gather the supplies at the supply table; bring own equipment to measure in. **NO** supplies in their own container will leave the supply table. **Only one trip to Supply Table. Whatever you take—YOU eat.**
3. Complete the recipe as instructed and then answer the questions on the back together as a unit. **No ingredient should be measured in excess of 2 cups!**
5. Evaluations will be made on the finished product. Place one goop on paper plate according to unit number.
6. Clean up the unit and have checked before leaving. All utensils and equipment must be placed in their place clean and dry.

Crunchy Munchy Chocolate-Peanut Goop

Ingredients:

- 3 dribbles of light corn syrup
- 2 scoops brown sugar
- 1/2 dit-dot salt
- 1 large blib peanut butter
- 5 blobs crisp rice cereal
- 2 handfuls cornflakes, slightly crushed
- 5 smidgens chocolate chips
- 1 ittsy-bits vanilla

Directions:

1. Boil corn syrup, brown sugar, and salt.
2. Stir in peanut butter and remove from heat.
3. Add both cereals, chocolate pieces, and vanilla.
4. Glump into a pan and let stand on counter or chill in the refrigerator.

Points Graded:

- | | |
|-----------------------------------|------|
| Followed instructions correctly | (5) |
| Worksheet completed | (10) |
| Evaluations on finished product | (10) |
| Clean up with everything in order | (5) |
| Extra Job completed | (5) |

TOTAL POINTS POSSIBLE 35

Student points	Teacher points

Evaluation

1. **Do you feel this is a reliable recipe? Why or why not?**

2. **What did you see as all the groups prepared their product?**

3. **Record at least three things you learned, as you prepared Crunchy Munchy Chocolate-Peanut Goop**
 - a.
 - b.
 - c.

4. **Do you feel this was a positive experience? Why or why not?**

5. **Would you recommend this recipe to someone? Why or why not?**

6. **Did you enjoy the finished product? Why or why not?**

7. **Which lab had the best finished product in your opinion? Why?**

8. **What could be done to make the finished product better?**

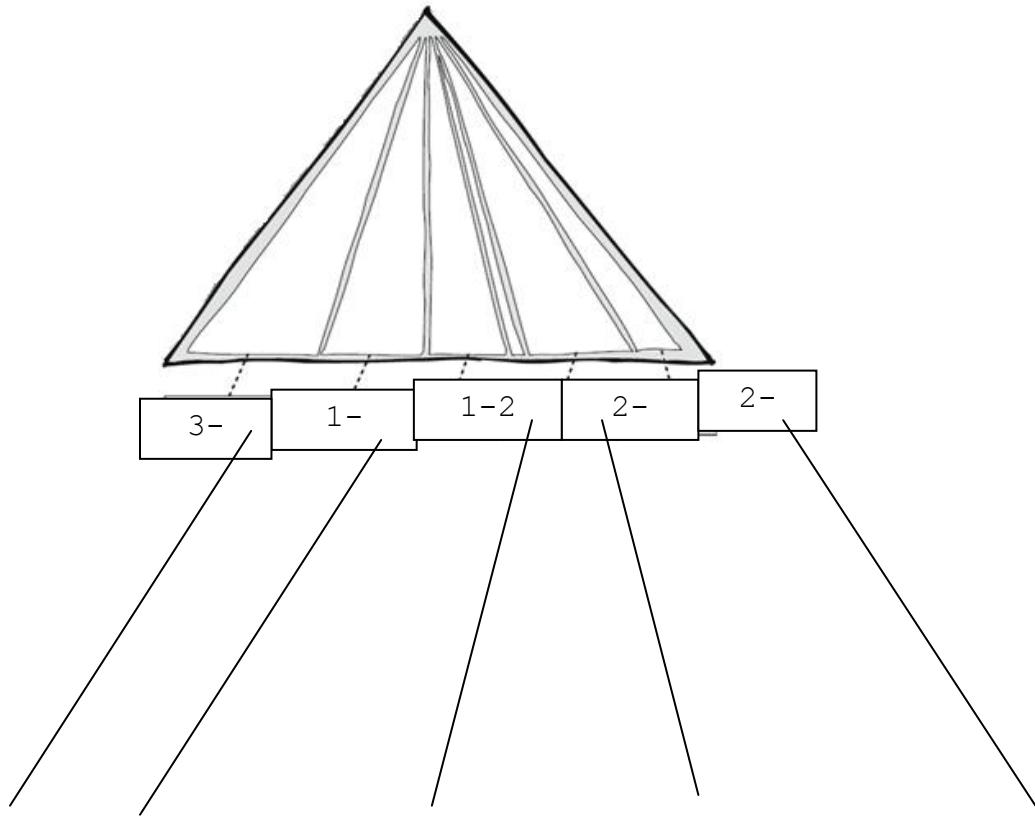
Crunchy Munch Goop

1/2 c	Light corn syrup
1/4 c	Brown sugar
1 c	Peanut butter
1 t	Vanilla
2 c	Rice Krispies
1 c	Corn Flakes (slightly crushed)
1 c	Chocolate chips
1/8 t	Salt

Combine syrup, sugar and salt in saucepan; bring to a full boil. Stir in peanut butter. Remove from heat. Stir in vanilla, cereals, and chocolate pieces. Press into buttered 9 x 9 x 2 inch pan. Chill about 1 hour. Cut in small bars or squares. Makes about 2 dozen.

RECIPE LAB ANALYSIS

1. Based on the results of today's Lab recipe, identify the ingredients and place them in the correct food guide pyramid category.



2. Based on the results of today's Lab recipe, identify the ingredients and place them in their nutrient category?

Carbohydrates (includes fiber and sugar)	Fat	Vitamins	Minerals	Protein

3. Answer and explain the following questions:

On a scale of 1-5, What did you think of this recipe and explain why?	1 2 3 4 5
What aspects did you like about the recipe?	
What aspects did you dislike about the recipe?	
What would you change about this recipe? Why?	
What would you serve with this recipe?	