

HOW TO MAKE

- 1 Match materials of [A] with bowl and mix it until it is an evenly uniform condition with a whisk.
- 2 Match [B] with a different bowl and mix it until it is a uniform condition with a mix.
- 3 Add [] dry ingredients to wet ingredients and mix until [] no dry ingredient is left.
- 4 Pour material of step 3 line into a mold and [] level by using rubber spatula and put a [] softly and bake in a 180 °C oven for 25 ~ 30 minutes. After it had cooled, take down from the mold and cool on the cake cooler etc. in order to improve.

POINT

Adding carrot and sweet potato to cake dietary fiber.

* Please look at plan of the back about [A] [B]

Theme

Let's live longer lives

Using apple dishes

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PURPOSE

Our aim is the local activity and return a prefecture where people live short lives. We spread a dish made of Aomori apples in the whole country.

HYPOTHESIS

We wrestle for the improvement of lifestyle-related diseases such as high blood pressure, by using the ingredient of apple.

Then being able to reduce the quantity of a meal.

METHOD

We investigate the ingredient of the apple in detail.



We test it how long the nutrition of food in which fruit juice of the apple is included in is effective against high blood pressure.



We cook a dish and really make trial and error.

RESEARCH MATERIAL

- | | |
|---------------------|-----------------|
| [A] | [B] |
| • cake flour | • soybean milk |
| • baking powder | • vegetable oil |
| • whole wheat flour | • honey |

- We boil apple with tea to become more nourishing than raw apple
- In order to improve dietary fiber, we put a carrot and sweet potato in apple boiled with tea.
- We ate the cake but the cake tastes awful because it is salty and has a lot of liquids.

① I'd like to improve an experimentation.

We will reduce the amount of soybean milk and increase low calorie sugar.

② The reason why this cake has a lot of liquids is the ingredient of food.

So we want to use dry fruits.

CONSIDERATION

SUMMARY

We improved the two problems found in this experiment and we would like to pursue the taste and goodness to the body and make dishes that will help to improve the prefecture where people live short lives as much as possible.