

THE SCIENCE OF SENSE FOOD

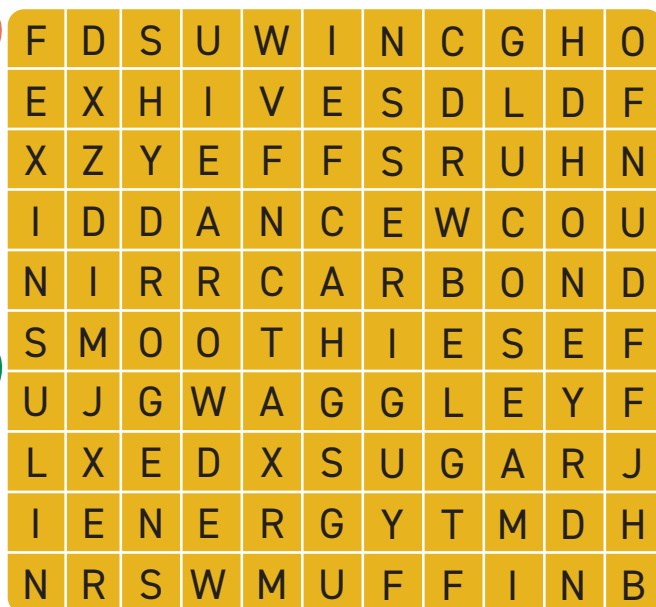
SUGAR

Sugar is a type of carbohydrate – a little molecule that gives our bodies energy, similar to fuel for an engine.

There are lots of different types of sugar, but all sugars are made from three tiny parts: carbon, hydrogen and oxygen. Simple sugars are called monosaccharides; these are made up of single sugar molecules. The three main monosaccharides that we consume are fructose, galactose and glucose.

WORD SEARCH

Sugar	Dance	Carbon	Honey
Energy	Glucose	Insulin	Smoothies
Waggle	Hive	Hydrogen	Muffin



EXPLORING FOOD

BANANA MUFFINS

Ingredients

2 eggs
120ml pot natural yogurt
50ml rapeseed oil
100g apple sauce or pureed apple
1 ripe banana mashed
4 tbsp honey
1 tsp vanilla extract
200g wholemeal flour
50g rolled oats
1.5 tsp bicarbonate of soda
1.5 tsp baking powder
1.5 tsp cinnamon
100g blueberry (optional)
You can also add seeds

Method

1. Heat oven 180C / 160C fan / gas mark 4.
2. Line 12 muffin tray with paper cases.
3. In a large jug mix the wet ingredients, then in a large bowl add all your dry ingredients with a pinch of salt and mix.
4. Pour the wet ingredients into the dry mix, but not too much or the you will make the muffins heavy.
5. Spoon the batter into the muffin cases. If you like you can sprinkle the top with oats or seeds.
6. Bake for 25 – 30 minutes until golden. Allow to cool before eating.
7. They will keep fresh for 3 days in an airtight container or you can freeze them.

We'd love to hear how your Banana Muffins turned out!
You can email us on juniour@rte.ie or if you want to post on social media just tag us on @rtejr

GET EXPLORING

Science of Sense Scientist **Amy Murphy** and **Chloe Fleming** asked Food Scientist **Dr Graham O'Neill** a lot of questions about Protein. What question that they didn't ask would you like to know the answer to? And how can you find out the answer?

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