

THE SCIENCE OF SENSE FOOD

CARBOHYDRATES

Carbohydrates are made up of carbon, hydrogen and oxygen: CH₂O. There are different types of carbohydrates; simple carbohydrates like sugar, or complex carbohydrates like starch or fibre. Carbohydrates are fuel for our bodies which is broken down into glucose, the basic molecule required to produce a currency of energy in the body known as ATP. So carbohydrates are all about energy!

WORD SEARCH

Hydrogen	Wholegrain	Gluten	Sourdough
Energy	Freeze	Oxygen	Cookies
Toast	Fibre	Fuel	Carbon

R	E	O	K	C	E	M	P	I	X	W
S	X	X	X	R	T	O	A	S	T	H
O	X	Y	G	E	N	E	M	R	C	O
U	F	O	G	N	T	K	S	C	O	L
R	R	F	R	E	E	Z	E	A	O	E
D	F	I	B	R	E	R	P	R	K	G
O	U	X	K	G	P	A	J	B	I	R
U	E	R	U	Y	W	K	R	O	E	A
G	L	U	T	E	N	B	R	N	S	I
H	O	K	H	Y	D	R	O	G	E	N

EXPLORING FOOD

WHOLEMEAL SCONES

Ingredients

- 450g wholemeal flour (you can use plain flour or a mix of both wholemeal and plain)
- 1 tsp baking powder
- Half tsp salt
- 30g sugar (optional)
- 75g butter
- 225ml buttermilk
- 50g chopped dates
- 50g chopped walnuts

Method

1. Preheat oven to 180 degrees
2. Line a baking tray with baking paper
3. In a large bowl sieve together the flour, baking powder, salt and sugar.
4. Using your fingers rub the butter through the dry ingredients to make course bread crumbs.
5. Gently stir in the buttermilk and don't over mix your dough.
6. Put your dough out onto a floured surface and the lightly roll, to about 3 cm thick.
7. Use a scone cutter or a glass and cut out your scones.
8. Put your scones on your lined baking sheet and bake for about 15 minutes or until they are golden brown.

We would love to hear about the scones you made!! You can email us on: junior@rte.ie or if you want to post on social media just tag us on [@rtejr](https://www.instagram.com/rtejr)

GET EXPLORING

Science of Sense junior scientist **Robert Akasheh** asked Food Scientist **Dr Azza Silotry Naik**, a lot of questions about carbohydrates. What question that he didn't ask would you like to know the answer to? And how can you find out the answer?

The Science of Sense Food is a Curious Broadcast production funded by Coimisiún na Meán with the television license fee for **RTÉ Jr Radio**.

Science of Sense Food is a 6 part radio series for RTE Jr presented by **Hazel Bermingham** and **Professor Theodore Bumbledumm**.

In this episode junior scientist **Robert Akasheh**, went to TU Dublin School of Food Science and Environmental Health to meet with Food Scientist

Dr Azza Silotry Naik. Science of Sense junior explorers **Marco Acosta** and **Jack Ho** meet with head baker & owner, **Eoin Cluskey**, from Bread 41. Science of Sense Recipe with Science of Sense chef **Matthew Ryder Klein**.