Our brief was to make a healthy biscuit or muesli bar that used 10% milk powder. In consultation with our mentors we decided to make a biscuit. Key targets for our food were it had to be tasty, easy to eat while walking and healthy enough that parents would accept it as a breakfast substitute.

We searched the internet for a breakfast biscuit recipe and found Americans call scones 'biscuits'. Once we substituted the ‘cookie’ we found lots of possible recipes and just chose one that looked like we would like to eat, and that had stuff in it that looked healthy. We made it first as written and tested that on the prefects, then decided to take the egg out and put milk powder in, and add cinnamon. We then re-tested with the prefect group to see if we had made it more or less likeable. We wanted to make something teenagers would choose to eat so we made sure we had a recipe with chocolate in it!

With better time management we would have liked to do more variations and testing. We only had average 'liking' of our second recipe, and it would have been good to get more 'likes'. We never got onto safety testing, and so we don’t know how long the biscuit would keep. It has apple sauce in it, which means it is not a dry biscuit and might be prone to mould. It would certainly need sealing in plastic or tin foil if it was going to have a four to six week shelf life. It would certainly need sealing in plastic or tin foil if it was going to have a four to six week shelf life.

We produced a survey to make sure that people enjoyed and liked the taste texture etc. of the biscuits we surveyed the year thirteen group of students they enjoyed the biscuit as a food but they didn’t think that it would be a potential breakfast biscuit as it didn’t fill them or give them the energy they needed our second went a bit they enjoyed little more.

Successes
We managed to work together as a team quite well, and nobody hates each other at the end of the project which is actually really important in the workplace or school. We had regular meetings and although progress ended up being too slow in the end it was steady.

We did come up with a product that met the brief of being healthy and being able to be eaten on the run, and which included 10% milk powder.

Problems
Time management was a major issue, and if we had to do this again we would keep a closer eye on the time line, break up the time line into smaller units and be much stricter about meeting deadlines. We just needed to do more stuff quicker so there was less stuff to do at the end.

We would use our mentors more to make sure we were doing everything that needed to be done. We probably needed to talk to Konrad more about what we had done and what we needed to do next.

We did do any safety testing of our food like they do in the factories.