

# FOCUS ON FAT - A FOOD LAB

## INTRODUCTION

- Day 1            Lecture
- Day 2            Lab & Evaluation of Cookie Dough
- Day 3            Lab & Evaluation of Baked Cookies
- Day 4            Lecture or Paper Activities  
(Optional Labs are included for Carrot Cake and Chicken Enchiladas.)

### Groceries:

*(6 Lab Groups x 2 dozen cookies = 12 dozen cookies)*

- 3 cups brown sugar
- 2 cups white sugar
- 6 3/4 cups all purpose flour
- 3 teaspoons baking soda
- 3 teaspoons salt
- 5 6 oz bags semi-sweet chocolate chips
- 1/2 cup (3 oz) miniature semi-sweet chocolate chips
- 1/4 cup egg substitute
- 5 eggs
- 3 cups butter
- 1/2 cup margarine spread (40% reduced fat spread; tub container not squeezable. See page one of Enrichment Materials.)
- 3 teaspoons vanilla
- 1/4 cup applesauce (no sugar added, smooth style)