

Food Science

Experiment 6

Are There Differences Between Homemade and Store-Bought Products?

Objective

- ◆ To compare the quality of various types of instant mashed potatoes with the quality of homemade mashed potatoes.

Look for This Term

- ◆ *generic*: a product not associated with any name brand; usually packaged very plainly and inexpensively

Text Reference

- ◆ *Food for Today*, Chapter 12, Section 12-2
- ◆ *Food for Today*, Chapter 15, Sections 15-1, 15-2

Background Information

When time is a consideration, people often turn to convenience foods. When shopping for convenience foods, conscientious shoppers save money by comparison shopping. In addition to comparing cost and nutritional value among name brands of convenience foods, shoppers frequently have the option of choosing store brands—those produced and packaged especially for a specific store or chain of stores—and generic products. Many store brand and generic products are excellent in

quality and cost.

In this experiment, you will prepare homemade mashed potatoes or instant mashed potatoes in one of three varieties: generic, store brand, and name brand. To reduce bias, those student groups who prepare instant mashed potatoes will not know until after the experiment which variety of instant mashed potatoes they have prepared. As a class, you can taste-test and compare the four varieties of mashed potatoes.

Supplies

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| _____ liquid measuring cup | _____ non-toxic marker pen |
| _____ dry measuring cups | _____ 1 large paper plate per group member |
| _____ measuring spoons | _____ serving spoon |
| _____ medium saucepan | _____ clock or timer |
| _____ bowl for finished product | _____ Packet A, B, C, or D as directed by your teacher |
| _____ 4 self-sticking labels per group member, plus one label | |