

S·H F/N NOTES

Sample questions

- 1a) Describe the different types of sugar used in cookery.
 - b) Explain the uses of sugar in the diet.
 - c) Name the sugar that is used in cake icings.
- 2.a) Why is it inadvisable to consume too much sugar?
- b) Describe the processes involved in the manufacture of sugar.

4.1.3 Sugar and other sweeteners

The place of sugar in the diet

- 1 Sugar provides the body with energy. 1g provides 16kJ (3.75kilocalories).
- 2 Refined sugar is **not an essential** constituent of the diet because the body converts the starches we eat to simple sugars and sugars occur naturally in fruits and vegetables.
- 3 On average we consume 750g of sucrose per head per week.
- 4 If too many foods rich in refined sugar are eaten the result is too great an intake of energy which can result in obesity with its associated health problems.
- 5 When sugar passes in large quantities into the blood stream it can be difficult for the pancreas to produce sufficient insulin to cope. There is a risk of diabetes.
- 6 Sugar on the teeth leads to tooth decay. The bacteria in the plaque feed on the sugar and produce acids which attack tooth enamel.
- 7 Glucose is rapidly absorbed—no digestion needed. Used by doctors to feed intravenously and by athletes for instant energy.
- 8 Refined sugar contains no micro-nutrients. It satisfies hunger and can reduce appetite for other foods which do contain other nutrients.
- 9 We should eat **LESS** sugar.

Types of refined sugar and their uses

Granulated sugar is the cheapest sugar with a large crystal. It is used for general sweetening, in sweet scones and rubbed-in cake mixtures.

Caster sugar is made up of fine crystals which dissolve quickly.

- 1 It creams easily with fats when using the creaming method of cake making.
- 2 It is used for sweetening fruit, for dusting cakes and biscuits and in making meringues.

Icing sugar is granulated sugar pulverized to very fine particles. To prevent lumping a little calcium phosphate is added. It is used for all types of icing.

Lump sugar Granulated sugar and sugar syrup are moulded, excess syrup is spun off and the cubes dried.

- 1 It takes longer to dissolve.
- 2 Coarsely crushed lump sugar can be sprinkled on the surface of cakes and tea breads before cooking.
- 3 Sometimes lump sugar is used for lemon curd when it is utilized first to rub zest from the lemons.

Preserving sugar dissolves more readily than granulated sugar.

- 1 It does not sink to the bottom of the preserving pan therefore there is less chance of sugar burning.