

Ally Loflin
Cut Calories, Not Cookies

Many people enjoy cookies and other foods with tons of calories. But do people realize the affect these food have on them? They need to know because whenever they eat all of these foods, they gain weight and all of this could lead to heart attacks, some forms of cancer, and diabetes. So the researcher needed to find or prove a way to show people that they can eat foods but they still can be good and healthy at the same time. So the researcher made three different cookies. The first recipe was the original recipe which was chocolate chip oatmeal cookies. The second recipe the researcher made was the same recipe but substituted unsweetened applesauce in place of the Crisco and cut the sugar in half. The third recipe the researcher made was the same recipe but the researcher put one half cup Crisco, one half cup unsweetened applesauce, and halved the sugar again. The researcher created a rating system: 1 being terrible, 2 being not so good, 3 being okay, 4 being good, and 5 being amazing. After testing 20 people the results showed that people liked the original recipe best (4.15 was the average out of 5), people liked the low-fat sugar second best (3.65 was the average out of 5), and the one people liked the least was the no-fat and low-sugar (2.2 was the average out of 5). The results showed that the two top cookies were close and I think people can learn to like less fat and sugar stuff just as well as the more fat and sugar ones but still be good and healthy at the same time.