THE STRIVING

MUSLIM ACADEMY

Islamic and Academic Education

STAGE 1 · DESIGN AND TECHNOLOGY · COOKING AND NUTRITION

Cooking and nutrition

Decisions to learn, things to make, and the questions to ask of the thing afterwards.

WHAT IS INSIDE

- What a balanced plate looks like
- Where food comes from
- Working safely with food
- Task 1: Sort a shelf
- Task 2: Make a plate
- Task 3: Prepare it
- Find out where one thing on your plate came from
- Look at what you made

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No answers at the back. The work is the answer.

Written for a parent teaching at home. No training assumed, and nothing else to buy.

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Where food comes from

Read this, then use it on the task pages.



WHERE FOOD COMES FROM

Everything on your plate was grown, reared or caught by somebody, somewhere, and it did not start out looking like that.

Grown: fruit, vegetables, wheat, rice, beans. They come out of soil, and the part we eat might be the root, the leaf, the seed or the fruit. A carrot is a root and a pea is a seed.

Reared: milk, eggs, meat. They come from animals somebody keeps and feeds. Caught: fish, from the sea or a river.

Then almost everything is processed, which just means changed on the way: wheat is ground into flour, flour is baked into bread. Three steps, and most people only ever see the third.

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Working safely with food

Read this, then use it on the task pages.



WORKING SAFELY WITH FOOD

Wash your hands before you start and after touching raw meat or eggs. This is the one rule that is not about the food tasting good.

Keep raw meat away from everything that will not be cooked, and use a different board for it.

Hold the food with your fingers curled under, away from the blade, and cut on a board. Wipe up spills as they happen, because a wet floor in a kitchen is how people get hurt.

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Find out where one thing on your plate came from

Go and look at a real thing. This is the lesson, not the warm up.



FIND OUT WHERE ONE THING ON YOUR PLATE CAME FROM

Pick one food you eat often. Find out whether it was grown, reared or caught, and where.

Then find out one step it went through before it reached you. Somebody did that step. Write down what it was and who does it.

SAMPLE PAGES

You have read a few pages. The pack is longer.

What you are holding is a short sample, taken from different parts of the pack so that you can see how a week is planned and what a child is actually asked to do, before you decide.

The complete pack, and the rest of the academic materials, are on our website: schemes of work for a parent teaching at home, and practice packs for the skills children get stuck on.

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Members of the homeschool community do not buy these. If you have joined the community, the pack for the term you are working on is given to you at no cost.

Our Islamic Education classes are free. These packs are part of what pays the teachers who teach them.