THE STRIVING

MUSLIM ACADEMY

Islamic and Academic Education

STAGE 2 · 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
- Reading what is in it
- 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

The Striving Muslim Academy

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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Reading what is in it

Read this, then use it on the task pages.



READING WHAT IS IN IT

A cook needs to know what is in the food, and for a Muslim household that includes knowing whether it is halal.

The ingredients are printed on the packet in order of weight, heaviest first. Heaviest, not biggest: a light fluffy thing can fill more of the packet and still weigh less. So sugar second on the list means sugar is the second heaviest thing in it.

Some ingredients need checking rather than guessing: gelatine, animal fats, and anything that lists alcohol as an ingredient. Looking it up is part of cooking, not a special rule, because every cook has to know what they are serving people.

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Task 1: Sort a shelf



TASK 1

Sort a shelf

Take ten things out of a cupboard. Sort them into grown, reared, caught and processed. Some belong in two, and those are the interesting ones. Draw your sort.

WRITE IT HERE

1 _____

2 _____

3 _____

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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.