THE STRIVING

MUSLIM ACADEMY

Islamic and Academic Education

STAGE 4 · 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

- The principles, not the rules
- Cooking techniques and what each one does
- Seasonality
- Savoury dishes and how to season them
- Task 1: Audit a day
- Task 2: Plan and cost a savoury dish
- Task 3: Cook it, then write what you would change
- Read three labels properly
- 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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The principles, not the rules

Read this, then use it on the task pages.



THE PRINCIPLES, NOT THE RULES

A healthy diet is a set of proportions rather than a list of forbidden things, and the proportions are what the Eatwell Guide shows.

At least five portions of a variety of fruit and vegetables a day. Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates, which should make up just over a third of what we eat, and the NHS advises choosing higher fibre or wholegrain varieties, such as wholewheat pasta and brown rice.

Eat some beans, pulses, fish, eggs, meat and other protein foods. Have some dairy or alternatives such as soya drinks and yoghurts. Choose unsaturated oils and spreads, and eat them in small amounts; the NHS names vegetable, rapeseed, olive and sunflower oils as the healthier kind.

Foods and drinks high in fat, salt and sugar sit outside the main part of the guide, because they are not needed for health. That is not the same as banned. The advice is to have them less often and in smaller amounts, and that group includes butter and ghee, which is worth knowing before you cook with them.

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Savoury dishes and how to season them

Read this, then use it on the task pages.



SAVOURY DISHES AND HOW TO SEASON THEM

Savoury means not sweet, and most of what people actually cook is savoury, so it is where the skill is.

A savoury dish is usually built the same way: something starchy for the body of it, a protein, vegetables, and a liquid that carries the flavour.

Season at the end and taste as you go. Salt makes flavours stronger rather than making food salty, up to a point, and past that point there is nothing you can do. Acid, a squeeze of lemon or a little vinegar, lifts a dish that tastes flat and heavy, and it is the thing most beginners never reach for.

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Read three labels properly

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



READ THREE LABELS PROPERLY

Take three packets of a similar food and read the ingredients lists, remembering they are in order of weight, heaviest first.

Write down which has the shortest list, where sugar and salt appear in each, and which you would buy now that you have read them. Note also anything you would need to check before serving it in a Muslim household.

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.