THE STRIVING

MUSLIM ACADEMY

Islamic and Academic Education

STAGE 6 · 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
- Reading a recipe like a plan
- 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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Reading a recipe like a plan

Read this, then use it on the task pages.



READING A RECIPE LIKE A PLAN

A recipe is a sequence with timings, and reading it as one is the difference between cooking and panicking.

Read it all before you start. Find the longest step and work backwards from when you want to eat. Then find the steps that can happen while that one is happening, because that is where the time goes.

Get everything out and measured first. Professional kitchens do this and call it preparation, and it is not fussiness: once the pan is hot you have no time to be weighing anything.

Then change it. Write on the recipe what you did differently and whether it was better. A recipe you have not annotated is somebody else's.

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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.