THE STRIVING

MUSLIM ACADEMY

Islamic and Academic Education

YEARS 7 TO 9 · DESIGN AND TECHNOLOGY

Cooking and nutrition

Nutrition, technique, seasonality and a repertoire you can cook without reading anything.

WHAT IS INSIDE

- Nutrition, as proportions rather than rules
- A repertoire, not a recipe
- Technique, and what each one does to food
- Where ingredients come from, and when
- Task 1: Audit a week, honestly
- Task 2: Plan, cost and cook for four
- Task 3: Build the repertoire
- Read five 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.

strivingmuslimacademy.com

Nutrition, as proportions rather than rules

Read this, then use it on the task pages.



NUTRITION, AS PROPORTIONS RATHER THAN RULES

The NHS Eatwell Guide gives the shape of a healthy diet, and it is a set of proportions rather than a list of forbidden things.

Eat 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, 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, while noting that all fats are high in energy.

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, and that group includes butter and ghee, which is worth knowing before you cook with them.

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Where ingredients come from, and when

Read this, then use it on the task pages.



WHERE INGREDIENTS COME FROM, AND WHEN

Seasonality means a crop is ready at a particular time in a particular place, and is not ready the rest of the year. Food in season locally has travelled less, usually costs less because there is a lot of it, and tastes of more. The same food out of season was stored, grown under glass, or flown from somewhere it is in season now.

Every ingredient also reaches you by one of four routes: grown, reared, caught, or processed between the farm and you. Processing is not a bad word, since milling, drying, freezing and canning are most of how food keeps. The useful questions are how many steps there were and what was added at each one, and the ingredients list answers both.

That list is in order of weight, heaviest first. Heaviest, not bulkiest. And for a Muslim kitchen, reading it includes knowing whether the thing is halal: gelatine, animal fats and anything listing alcohol need checking rather than assuming, which is part of cooking rather than a special rule.

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Read five labels properly

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



READ FIVE LABELS PROPERLY

Take five 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, what you would need to check before serving it in a Muslim household, and which you would now buy.

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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Islamic and Academic Education

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.