



# LEARNING JOURNEY

## Food & Nutrition

### MEAT, POULTRY, FISH & EGGS

#### Practical 1- Chicken roulade

Types of  
meat, poultry,  
offal, game

Nutritional  
Value of  
meat &  
Poultry

#### Practical 2- Lasagne al forno

Cuts of meat  
and  
preparing  
raw meat

Choosing,  
storing and  
freezing meat

#### Practical 3- Pasteis de nata

Nutritional  
Value of Fish

Types of fish

Cooking with  
eggs

Eggs-  
Farming  
Methods

Protein is an essential part of the diet. This half term students will gain insight into the different types of HBV protein and discover the nutritional benefits of including protein in the diet. Students will learn techniques on how to prepare meat and ways it can be processed. We will investigate the different types of fish and the diverse ways eggs can be farmed. The practical skills you will be developing this half term will be butterflying and filling meat, preparing multi element dishes such as lasagne and making puff pastry and a custard.

#### VOCABULARY

Offal  
Battery eggs  
Coagulation  
Lecithin  
Marine Stewardship Council

#### TUDOR HABITS AND VALUES

You will be open to failure and feedback this half term as the dishes are complex as throughout the process there are many mistakes that can happen.