

LEARNING JOURNEY

HEALTHY LIVING

Eatwell Guide Recipes

Understanding the function of Finely chopping **Importance Risotto** of Food vegetables. each safety and ingredient hygiene Meatballs & tomato Understanding the importance sauce of cooking Meat at the correct Using the temperature. bridge & claw method **VOCABULARY**

This half term the focus will be on the importance of preparing meals based on one of the governments dietary guidelines-The Eatwell Guide. Protein, carbohydrates and fats are recommended macronutrients within the diet. Recipes selected are based on utilising basic ingredients that most households should store.

TUDOR HABITS AND VALUES

This half term will give you the opportunity to implement process not product. You will recognise the step by step process of making nutritional savoury and sweet dishes. Implementing positive self-regulation when following these steps will be crucial.

Oreo truffles

Importance of garnishing a dish

Al dente carbohydrates

Arborio rice

Evaporation

Seasoning

Sauté

Caramelisation