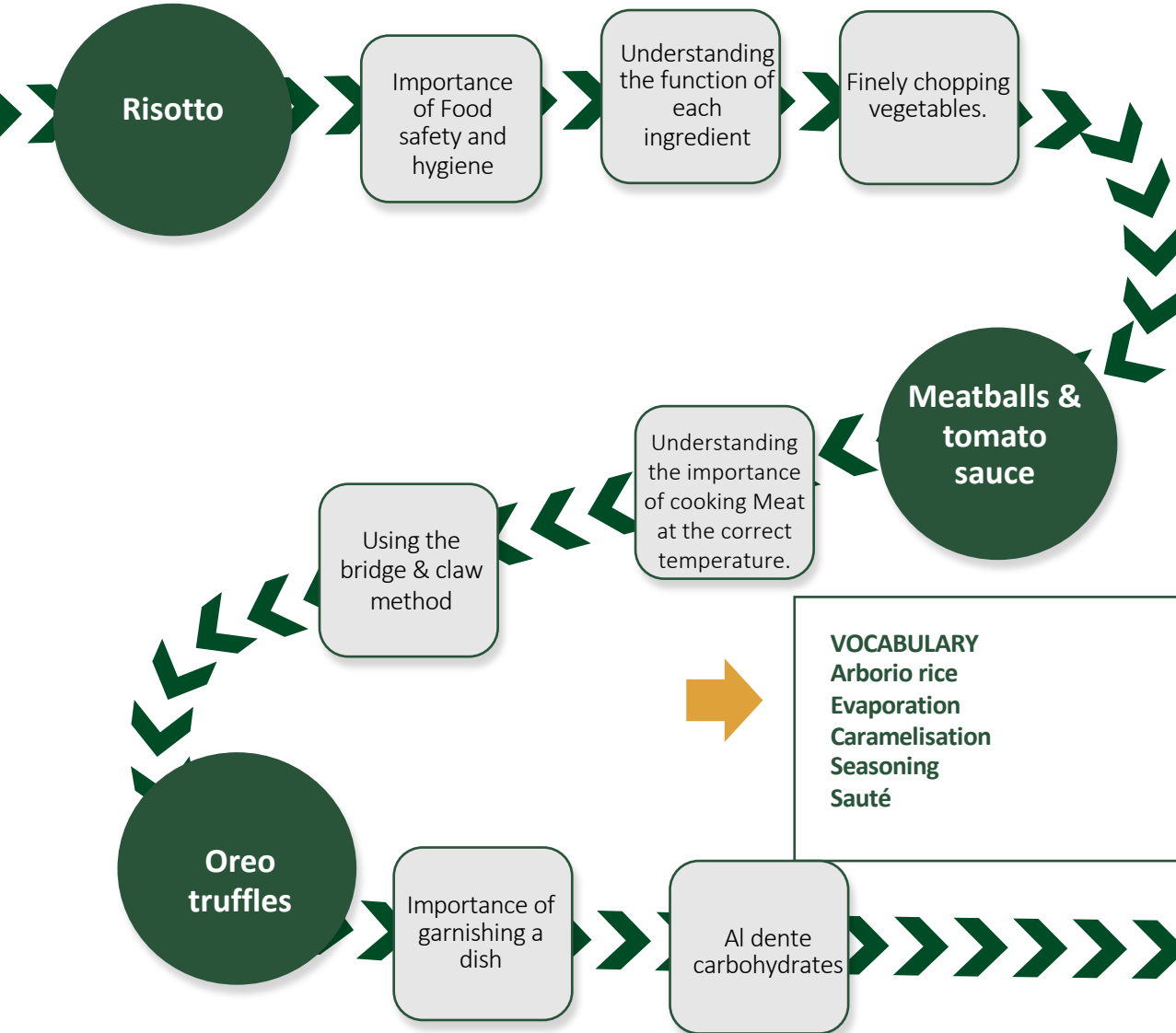




LEARNING JOURNEY

HEALTHY LIVING

Eatwell Guide Recipes



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.

VOCABULARY
 Arborio rice
 Evaporation
 Caramelisation
 Seasoning
 Sauté

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.