

Core Skills Analysis

Food Technology

- The student learned about food hygiene and safety practices by washing hands before cooking and handling ingredients properly.
- They gained an understanding of nutrition by learning about the food groups involved in a balanced meal like spaghetti bolognese.
- By following a recipe, the student developed their organization and following instructions skills.
- The student also practiced basic cooking techniques like chopping vegetables and stirring ingredients, enhancing their culinary skills.

Tips

For continued development in food technology, encourage the student to experiment with different ingredients or variations of the spaghetti bolognese recipe. They can also explore other pasta dishes or cooking methods to broaden their culinary skills. Additionally, involving them in meal planning and grocery shopping can further enhance their understanding of food preparation and nutrition.

Book Recommendations

- [The Pasta Revolution: 200 Foolproof Recipes That Go Beyond Spaghetti](#) by America's Test Kitchen Kids: This cookbook offers a variety of pasta recipes beyond basic spaghetti, perfect for young chefs looking to expand their culinary repertoire.
- [Kitchen Science Lab for Kids: Edible Edition](#) by Liz Lee Heinecke: Explore the science behind food with fun and edible experiments that can complement learning in food technology and cooking.
- [Cooking Class: 57 Fun Recipes Kids Will Love to Make \(and Eat!\)](#) by Deanna F. Cook: With easy-to-follow recipes and kid-friendly instructions, this book is a great resource for young chefs looking to try new dishes like spaghetti bolognese.