

## Core Skills Analysis

### GCSE Nutrition

- Understood the basic cooking process of boiling pasta correctly to achieve the right texture.
- Learned how to combine protein sources (chorizo) with carbohydrates (pasta) to make a balanced meal.
- Gained practical knowledge about cooking safety when handling meat products such as chorizo.
- Practiced portion control and ingredient measurement to prepare a single serving.

### GCSE English Language

- Improved sequencing skills by following the steps of a recipe.
- Expanded food vocabulary related to cooking processes and ingredients (e.g., 'boil', 'sauté', 'chorizo').
- Developed procedural writing skills informally by potentially recalling or articulating the cooking method.
- Enhanced reading comprehension by interpreting a recipe or cooking instructions.

### Tips

Tips: Encourage Freddie to delve deeper into the science and art of cooking by experimenting with different pasta types and exploring cooking times for various ingredients to develop an intuitive feel for texture and doneness. Integrating nutritional learning, he could research the origins and nutritional values of ingredients like chorizo and compare them to healthier alternatives, fostering critical thinking regarding diet choices. To strengthen literacy skills, invite him to write or verbally present his own recipe or cooking diary reflecting on the cooking experience and what he might try next time. For hands-on extension, organizing a small tasting session could develop sensory description skills and appreciation of flavors while encouraging family or peer interaction.

### Book Recommendations

- [The Silver Spoon for Children](#) by The Silver Spoon Kitchen: An adapted classic Italian cookbook that introduces young chefs to simple recipes and cooking techniques.
- [Eat Up!: Food, Appetite, and Eating What You Want](#) by Anna Lappé: A friendly guide on mindful eating and understanding food choices aimed at teenagers.
- [Cooking Up a Storm: Recipes Lost and Found](#) by Diana Henry: Explores not only recipes but the stories behind them, perfect for sparking interest in food culture and cooking.

### Learning Standards

- GCSE Nutrition: Understanding food groups, cooking methods, and food safety (Nut3, Nut4).
- GCSE English Language: Developing comprehension, sequencing, and procedural writing skills (EngLit1, EngLis4).

### Try This Next

- Create a step-by-step illustrated recipe booklet for pasta dishes using different ingredients.
- Design a quiz on cooking terms and safety tips related to preparing meats and pasta.