

D&T week

For the next 2 weeks we will be focusing on a Design and Technology project in which we will be creating a healthy savoury dish for a specific diet. This project will focus on creating a healthy dish suitable for a very famous sports woman.



This is Venus Williams. Venus is a champion tennis player from America and has won Wimbledon 5 times. Venus' younger sister Serena is also a very successful tennis player. Venus suffers from Sjogren's syndrome which means she often feels tired and her joints ache. After being diagnosed with this condition, Venus was determined to heal herself and so decided to change her diet. She became *vegan*.

Image: GlebStock / Shutterstock.com

Now that you know the purpose of each food group, and the food groups needed by an active sports person, think about which vegan foods would be useful for Venus Williams. Can you think of a healthy savoury meal that she could have before a big tennis match? You might get some inspiration from this website;

[42 Mouthwatering High-Protein Vegan Meals | Hurry The Food Up](#)

Below are some examples;

- Apricot and coconut overnight oats
- Three bean chilli with rice
- Black eyed pea soup

Main task- You are to now plan your own healthy Vegan Savoury dish for Venus Williams. Use the planner below to help you. An example has been completed below.

<p>The dish I will make is called...</p> <p>Apricot and coconut oats.</p>	<p>The ingredients I need are...</p> <p>1/2 cup Rolled oats 1tbsp dried apricots 1tbsp coconut flakes 2tbsp almonds 1tsp chia seeds 1/2 tsp cinnamon 1 cup almond milk</p>
<p>The steps I will take are...</p> <ol style="list-style-type: none"> 1. Chop the almonds and apricots into small pieces. 2. Measure and pour the oats into a bowl. 3. Mix in the almond milk, apricots, cinnamon and coconut flakes. 4. Sprinkle the chia seeds and almonds on top and serve. 	<p>The equipment I need is...</p> <p>1 x teaspoon 1 x tablespoon 1 x cup 1 x knife</p>

Task 4- Monday 28th February

Cooking time!

Its now time to make your vegan meal for Venus Williams. Remember to have a taste of your finished dish and send us a picture so that we can see your culinary skills in all of their glory!

