

Design Technology:

Y6 summer term

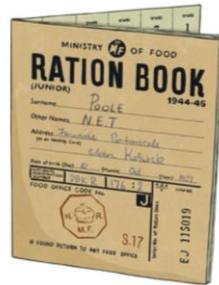
World War II

Creating a savoury dish using rationed ingredients: Lord Woolton pie

National Curriculum subject content:

Key stage 2

- understand and apply the principles of a healthy and varied diet
- prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques
- understand seasonality, and know where and how a variety of ingredients are grown, reared, caught and processed.



Key Vocabulary:

Breadcrumb	butter to be 'rubbed' into flour to make a breadcrumb consistency
Criteria	a principle or standard by which something may be judged or decided
Evaluating	judging the quality of something.
Glaze	a liquid such as milk or beaten egg used to form a smooth, shiny coating on food
Lord Woolton	Lord Woolton was the Minister of Food (1939–1958).
Ministry of Food	the Ministry of Food was part of the British government separated from that of the Ministry of Agriculture
Mould	form (an object) out of malleable material
Peel	remove the outer covering or skin from a fruit or vegetable
Produce	any fruit or vegetable
Rationing	allow each person to have only a fixed amount of (a commodity)
Seasonality	the times of the year when a given type of food is at its peak, either in terms of harvest or its flavour

Sequence of Learning:

Objectives (key knowledge) (this has been broken down into 6 objectives, to be taught over the course of 2 DT days:

1. To compare WWII diets against modern diets, discussing seasonality.	2. To investigate WWII dishes that use rationed ingredients.	3. To design the pie based on own ingredients – with seasonality in mind.	4. To be able to measure out ingredients and use ratios to scale the recipe up or down.	5. To make the pie. Skills: To peel, cut, cook (using hob), and mix vegetables with appropriate independence. To mix, roll, and mould ingredients for pastry with appropriate independence. To oven bake the pie, creating a finished pie which meets the criteria.	6. To evaluate the pie against criteria.
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What the children should already know

- What a healthy and varied diet should consist of.
- A basic understanding of seasonality in relation to food.
- How to peel, cut, grate, mix and mould foods with appropriate supervision.

Key sticky knowledge

Why was food rationed in Britain in World War II?

Before the Second World War started Britain imported about 55 million tons of food a year from other countries. After war was declared in September 1939, the British government had to cut down on the amount of food it brought in from abroad as German submarines started attacking British supply ships. There was a worry that this would lead to shortages of food supplies in the shops so the British government decided to introduce a system of rationing.

Rationing made sure that people got an equal amount of food every week. The government was worried that as food became scarcer, prices would rise and poorer people might not be able to afford to eat. There was also a danger that some people might hoard food, leaving none for others.

How long was food rationed for?

Rationing of food lasted for 14 years and ended on July 4, 1954.

How did food rationing work?

Every person in Britain was given a ration book. They had to register and buy their food from their chosen shops. There were no supermarkets, so people had to visit several different shops to buy meat, vegetables, bread and other goods.

When people wanted to buy some food, the items they bought were crossed off in their ration book by the shopkeeper.

What foods were rationed?

Bacon, butter, sugar, meat, jam, biscuits, fish, tea, breakfast cereals, cheese, eggs, milk, tinned tomatoes, peas, dried fruit, rice, canned fruit, cooking fat.

A typical ration for one adult male: 50g butter, 100g bacon and ham, 100g margarine, 50g cheese, 1 egg, 50g tea, 450g jam, one packet of dried egg, 350g of sweets.

Lord Woolton

Lord Woolton was the Minister of Food (1939–1958) - a British government ministerial post.

- Woolton's job was to stop the nation going hungry at a time of scarcity. A system of rationing had been implemented so that everyone received a fair share of what was available.
- Children will learn about rationing as a basis for understanding nutrition and cooking. They will then compare WWII diets to modern day diets.
- They will learn: Rationed food included butter, sugar, tea, meat, eggs, cheese, jam, sweets and milk. Potatoes, fruit and fish were not rationed.
- Children will learn about seasonality – and that Woolton promoted recipes that worked well with the rationing system and seasonality, most famously the "Woolton pie", which often consisted of carrots, parsnips, potatoes and turnips in oatmeal, with a pastry or potato crust and served with brown gravy.

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Key skills

Designing

- Generate ideas through research and discussion with peers and adults to develop a design brief and criteria.
- Explore a range of initial ideas and make design decisions to develop a final product linked to user and purpose.

Making

- To peel, cut, cook (using hob), and mix vegetables with appropriate independence.
- To mix, roll, and mould ingredients for pastry with appropriate independence.
- To oven bake the pie, creating a finished pie which meets the criteria.
- Write a step-by-step recipe, including a list of ingredients, equipment and utensils.
 - Select and use appropriate utensils and equipment accurately to measure and combine ingredients.
- Make, decorate and present the food product appropriately for the intended user and purpose.

Evaluating

- Carry out sensory evaluations of a range of relevant products and ingredients. Record the evaluations using e.g. tables/graphs/charts.
- Evaluate the final product, taking into account the views of others when identifying improvements.
- Understand how key chefs have influenced eating habits to promote varied and healthy diets.

Technical knowledge

- Know how to use utensils and equipment including heat sources to prepare and cook food.
- Understand about seasonality in relation to food products.
- Know and use relevant technical vocabulary.

Lord Woolton pie

Ingredients

- 340g plain flour with 3 teaspoons of baking powder
- Large pinch of salt
- 80g margarine
- Water
- 280g potatoes

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- 4 carrots
- 1 onion or 1 leek chopped finely
- Herbs, salt, pepper

Method

1. Sift the flour and add salt, rub in the margarine.
2. Bind the mixture with water.
3. Cook the carrots and potatoes until medium soft. Blend gently in the bowl with the margarine, salt, pepper and herbs.
4. Mix in the onion or leek.
5. Divide the pastry into four and roll each into a round.
6. Put the mixture into the centre of each round.
7. Wet the edges of the pastry with water.
8. Pull over 1 side to the other and press down the edges.
9. Prick the top of the pastry.
10. Brush with milk.
11. Bake in a hot oven at 220 degrees C for 25 to 30 mins until crisp and brown.
12. Serve hot or cold.