

Willerby Carr Lane Primary School – Design and Technology

Topic: WWII Food

Year: 6

Strand: Cooking and Nutrition

What should I 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.

What will I know / be able to do by the end of the unit?

<p>What was Lord Woolton's pie and was a WWII diet healthier than ours?</p>	<ul style="list-style-type: none"> • 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.
<p>What is the criteria for a successful WWII 'style' pie?</p>	<ul style="list-style-type: none"> • The children will create a WWII 'style' criteria, making design choices as they go based on seasonality and preference. • Children will make choices based on their review of an authentic Lord Woolton pie. • Criteria for their pie could include: appealing to taste; visually appealing; a simple recipe which can be repeated; uses ingredients appropriate to the era (rationing and availability in mind); and aims to inspire the nation!

How can you create a WWII 'style' pie?

- Children will choose up to four vegetables for their pie based on their criteria.
- The pastry will be butter/lard/flour based.
- A hob is most appropriate for cooking the vegetables and an oven for cooking the pastry.
- Vegetables must be prepared safely and precisely.
- Vegetables need to be chopped into appropriate sizes.

Vocabulary

Designing

Criteria	A principle or standard by which something may be judged or decided.
Evaluating	Judging the quality of something.
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.
Rationing	Allow each person to have only a fixed amount of (a commodity).

Making

'Bridge' cutting	Create a bridge over the food with your hand.
'Claw' cutting	Create a claw by partly curling your fingers together into a claw shape. This method ensures that finger tips are tucked out of the way and will not get caught by the knife.
Breadcrumb	Butter to be 'rubbed' into flour to make a breadcrumb consistency,
Glaze	A liquid such as milk or beaten egg used to form a smooth, shiny coating on food.
Peel	Remove the outer covering or skin from a fruit or vegetable.
Y Peeler	A kitchen tool used to remove the layers of flesh from vegetables and firm fruits

Knowledge and understanding

Fat	The role of the fat in making a pastry is to give texture to the final product.
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Food safety	Taking care to keep yourself and others safe when preparing food
Oatmeal	Food made from ground oats.
Plain flour	Flour that does not contain a raising agent.
Seasonality	At that time of year (fruit & veg) is at its peak, in terms of flavour or harvest.
Wheatmeal	Flour made from wheat from which some of the bran and germ has been removed.

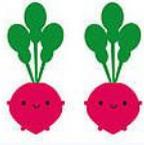
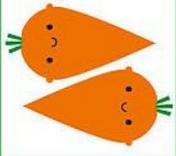
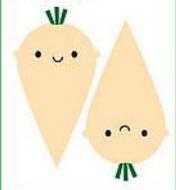
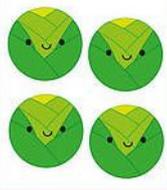
Key Design Decisions & Skills

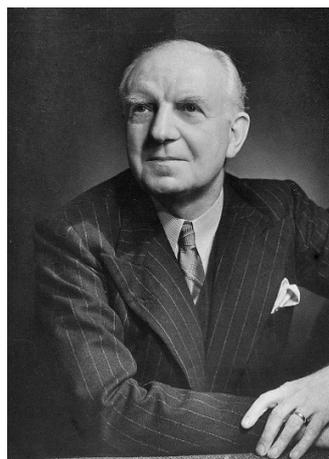
- Children will compare WWII diets against modern diets, discussing seasonality.
- Review and evaluate an authentic Lord Woolton pie.
- Create personalised criteria in keeping with a WWII style pie.
- Design pie based on own ingredients – with seasonality in mind.
- Peel, cut, cook (using hob), and mix vegetables with appropriate independence.
- Mix, roll, and mould ingredients for pastry with appropriate independence.
- Oven bake the pie, creating a finished pie which meets the criteria.
- Evaluate pie against criteria.

Tools and Resources

- Vegetables for filling
- butter/lard/flour based for the pastry
- egg for glazing
- water for vegetables.
- Y peeler
- Knife
- Chopping board
- Pan
- Colander
- Mixing bowl
- Rolling pin
- Knife/fork/spoon
- Pie tin
- Pastry brush
- Hob
- Oven
- Cooling rack

Pictures

JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE
<p>beetroot, brussels sprouts, cauliflower, celeriac, celery, chicory, jerusalem artichoke, kale, kohlrabi, leeks, parsnips, potatoes, salsify, shallots, swede, turnips</p> 	<p>brussels sprouts, cauliflower, celeriac, chicory, jerusalem artichoke, kale, kohlrabi, leeks, parsnips, potatoes, purple sprouting broccoli, salsify, shallots, swede, turnips</p> 	<p>cauliflower, kale, leeks, purple sprouting broccoli, salsify, spinach, spring onions, swede</p> 	<p>asparagus, broccoli, jersey royal new potatoes, lettuce, purple sprouting broccoli, radishes, rocket, samphire, spinach, spring onions</p> 	<p>asparagus, broccoli, carrots, lettuce, new potatoes, peas, radishes, rocket, samphire, spinach, spring onions</p> 	<p>artichoke, asparagus, aubergine, beetroot, broad beans, broccoli, carrots, courgettes, fennel, french beans, kohlrabi, lettuce, mangetout, new potatoes, pak choi, peas, radishes, rocket, runner beans, samphire, spinach, spring onions, tomatoes, turnips</p> 
SEASONAL VEG IN THE UK					
JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
<p>artichoke, aubergine, beetroot, broad beans, broccoli, carrots, courgettes, cucumber, fennel, french beans, kohlrabi, leeks, lettuce, mangetout, marrow, mushrooms, pak choi, peppers, potatoes, radishes, rocket, runner beans, spring onions, sweetcorn, tomatoes, turnips</p> 	<p>artichoke, aubergine, beetroot, broad beans, broccoli, carrots, courgettes, cucumber, fennel, french beans, kohlrabi, leeks, lettuce, mangetout, marrow, mushrooms, pak choi, peppers, potatoes, pumpkin, radishes, rocket, runner beans, spring onions, sweetcorn, tomatoes, turnips</p> 	<p>artichoke, aubergine, beetroot, broccoli, carrots, celeriac, celery, courgettes, cucumber, fennel, french beans, kale, kohlrabi, leeks, lettuce, mangetout, marrow, mushrooms, pak choi, peppers, potatoes, pumpkin, radishes, rocket, runner beans, shallots, spring onions, squash, sweetcorn, tomatoes, turnips</p> 	<p>artichoke, beetroot, broccoli, butternut squash, celeriac, celery, chicory, fennel, kale, kohlrabi, leeks, lettuce, marrow, mushrooms, parsnips, potatoes, pumpkin, radishes, rocket, runner beans, salsify, shallots, swede, turnips</p> 	<p>artichoke, beetroot, butternut squash, cauliflower, celeriac, celery, chicory, kale, kohlrabi, leeks, mushrooms, parsnips, potatoes, pumpkin, salsify, shallots, swede, turnips</p> 	<p>beetroot, brussels sprouts, cauliflower, celeriac, celery, chicory, jerusalem artichoke, kale, kohlrabi, leeks, mushrooms, parsnips, potatoes, salsify, shallots, swede, turnips</p> 



The bridge hold



The claw grip

