

Knowledge

During the Second World War, a system of rationing had been implemented, so that everyone received a fair share of what was available. Lord Woolton was the **Minister of Food** (1939-1958) - a British government ministerial post. His job was to stop the nation going hungry at a time of scarcity. Woolton promoted recipes that worked well with the rationing system and seasonality.



Rationed foods included: butter, sugar, tea, meat, eggs, cheese, jam, sweets and milk. Potatoes, fruit and fish were not rationed. The Woolton pie often consisted of carrots, parsnips, potatoes and turnips in oatmeal with a pastry or potato crust. It was served with gravy.

A hob is most appropriate for cooking vegetables, and an oven for cooking pastry.

Vocabulary

- Ministry of Food - The Ministry of Food was part of the British government, separated from that of the Ministry of Agriculture.
- Rationing - allow each person to only have a fixed amount of something.
- Bridge cutting - creating a bridge over the food with your hand.
- Claw cutting - creating a claw by partly curling your fingers together in a claw shape. This ensures the finger tips are tucked out of the way, and will not get caught by the knife.
- Glaze - a liquid (milk/beaten egg). Used to form a smooth, shiny coating of food.
- Plain flour - flour that does not contain a raising agent.
- Seasonality - at that time of year. Fruit/vegetables are at its peak in terms of flavour or harvest.

Design, make, evaluate

1. Compare WWII diets with modern diets, discussing seasonality.
2. Review and evaluate an authentic Lord Woolton pie.
3. Design a WWII vegetable pie, to inspire the nation, based on own ingredients, considering seasonality.
4. Peel, cut, cook (using a hob), and mix vegetables independently.
5. Mix, roll and mould ingredients into a pastry (butter/lard/flour based) independently.
6. Oven bake the pie to create a finished pie which meets the criteria.
7. Evaluate against the criteria.

Skills

- Use selected tools and equipment precisely.
- Create, follow and adapt detailed step by step plans.
- Accurately measure, mark out, cut and shape ingredients.
- Accurately assemble, join and combine ingredients.
- Accurately apply a range of finishing techniques.

The bridge hold



The claw grip



- Evaluate ideas and finished product against specification, stating if it is fit for purpose.

| Skills | |
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| Design | <p>Use research of the user's individual needs, wants, requirements for design.</p> <p>Identify features of design that will appeal to the intended user.</p> <p>Create their own design criteria and specification.</p> <p>Come up with innovative design ideas.</p> <p>Follow and refine a logical plan.</p> <p>Make design decisions, considering resources and cost.</p> |
| Make | <p>Use selected tools and equipment precisely.</p> <p>Produce suitable lists of tools, equipment, materials needed, considering constraints.</p> <p>Select appropriate materials, fit for purpose; explain choices, considering functionality and aesthetics.</p> <p>Create, follow, and adapt detailed step-by-step plans.</p> <p>Explain how the product will appeal to the audience; make changes to improve quality.</p> <p>Accurately measure, mark out, cut and shape ingredients.</p> <p>Accurately assemble, join and combine ingredients.</p> <p>Accurately apply a range of finishing techniques.</p> <p>Use techniques that involve a number of steps.</p> <p>Be resourceful with practical problems.</p> |
| Evaluate | <p>Evaluate quality of design while designing and making; is it fit for purpose? And keep checking design is as best it can be.</p> <p>Evaluate ideas and finished product against specification, stating if it is fit for purpose.</p> <p>Test and evaluate the final product; explain what would improve it and the effect different resources may have had.</p> <p>Do thorough evaluations of existing products considering: how well they've been made, ingredients, how they've been made, fit for purpose.</p> <p>Research and discuss how sustainable materials are.</p> |
| Cooking and Nutrition | <p>Understand that a recipe can be adapted by adding/substituting ingredients.</p> <p>Explain seasonality of foods.</p> <p>Name some types of food that are grown in the UK.</p> <p>Adapt recipes to change appearance, taste, texture or aroma.</p> <p>Prepare and cook a variety of savoury dishes safely and hygienically including, where appropriate, the use of a heat source.</p> <p>Use a range of techniques confidently such as peeling, chopping, slicing, grating, mixing, kneading, decorating and baking.</p> |