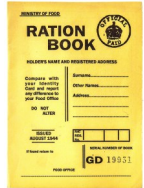


Year 6 - DT Knowledge Organiser

Cooking and Nutrition

Rationing Recipe - Vegetable Turnovers



What I remember from Year 5...

- Plants are grown, animal are reared and fish and shellfish are caught.
- Oven gloves should be worn when removing items from an oven and saucepans should point inward on a hob.

Design...

Based on the 'Woolton Pie'!



Dan Lepard

Award winning food writer and celebrity chef. Dan celebrates the ingenuity and creativity behind classic wartime dishes.



Key Vocabulary...

Rationing - Allowing each person to only have a fixed amount. In the War, this involved setting limits on buying high demand items.

Scaled up and down - Adjusting the number of servings to a recipe.

Consumer - A person who buys or eats something.

Processed - When food has been altered in any way during preparation.

Woolton Pie - A pastry dish of vegetables, served in Britain during the Second World War.

Appearance - The way that someone or something looks.

Texture - Properties of food that are sensed by touch and taste.

Use By - The date that food should be eaten by.

Best Before - The date that food is at it's best to eat before.

Key Knowledge...

Once grown, reared, or caught, food is **processed** to make it edible and safe.



For example...

- Milk is from a dairy cow;
- Apple juice is from apples which grow on trees;
- Ham and bacon are made from pork, which is meat from a pig;
- Bread is made from flour, flour is made from the plant called wheat (it is milled).

Don't forget...
Set the correct oven or hob temperature!



Food labels provide useful information to the **consumer**.

Baby leaf salad
Keep refrigerated.
Once opened consume within 24 hours and by the 'use-by' date shown.

Health and Safety...

Remember...

Food needs to be stored properly and within it's date mark.

USE BY:

25/08/20

KEEP REFRIGERATED

BEST BEFORE:

25/08/21

STORE IN A COOL DRY PLACE



Key Knowledge...



During the War, a ministry of food was appointed by the government. Who would help to control and regulate the food supplies available. Between April 1940 and November 1943, the Minister of Food was the Lord Woolton.



Follow this 'Vegetable Turnovers' recipe similar to one used during the war!



Key Skills...

Recipes can be **scaled up and down** to make different numbers of portions.



There are lots of different ways to combine ingredients.

Lord Woolton was responsible for the **rationing** system and he encouraged people to make the most of what they had. This led to the creation of the meatless **Woolton Pie**.



Taste

eat		drink	
minty	salty	sour	umami
bland		tangy	yucky
acidic		bitter	spicy
sweet			
mild		tasty	rotten
hot		stale	fruity
peppery		yummy	delicious
savoury	sugary		tasteless
flavourful	scrumptious		
disgusting			



Taste and describe! Which foods do you like and dislike?



Bacon, butter and sugar were rationed. They were in very short supply or not available. Vegetables that could be grown in England were not rationed.

Pies come in a variety of different flavours but all have a similar basic recipe. Adapting a recipe changes the taste, **appearance** and **texture** of food. Any vegetables can be used in Vegetable Turnovers.



You can choose the shape of your Vegetable Turnover.

Grating



Rubbing in



Beating



Peeling



Chopping



Kneading

