

Design and Technology – Food

Question – How did the daily food consumption change in Stratford St Mary in September 1939?



What children should already know – Children in EYFS would have begun to develop a food vocabulary using taste, smell, texture and feel. They will have also started to think about the need for a variety of foods in a diet and that all food comes from plants or animals. They will know that food has to be farmed, grown elsewhere (e.g. home) or caught and will have made butter and learnt which grains make which breads. In KS1 children will have learnt how to name and sort foods into the five groups and know what makes a healthy diet. They will understand that food is grown, reared and caught in the UK, Europe and the wider world. They will have learnt how to prepare and cook biscuits safely and hygienically for a Maharaja to link in with their topic on the British Empire and in Year 5 they would have learnt what is meant by 'farm to fork' and cooked spaghetti bolognese.

Enquiry Questions:

Can I research foods that would have been available during WW2 & understand why some were not?

Can I prepare an afternoon tea using a recipe?

Can I lay a table appropriately for entertaining my elderly guests?

Can I use the correct etiquette when entertaining my elderly guests?



Key Vocabulary

Bake - cook food by dry heat without direct exposure to a flame, typically in an oven

Cross-contamination - the physical movement or transfer of harmful bacteria from one person, object or place to another.

Equipment - tools need to cook with

Flavours - the distinctive taste of a food or drink

Hygiene - conditions or practices conducive to maintaining health and preventing disease, especially through cleanliness.

Ingredients - any of the foods or substances that are combined to make a particular dish.

Method - how to create something.

Nutrients - a substance that provides nourishment essential for the maintenance of life and for growth.

Prepare - get something ready

Rationing - Allow each person to have only a fixed amount of (a commodity).

Recipe - a set of instructions for preparing a particular dish, including a list of the ingredients required.

Savoury - belonging to the category that is salty or spicy rather than sweet.

Sweet - having the pleasant taste characteristic of sugar or honey; not salt, sour, or bitter.

DT Skills:

1. Writing a recipe, explaining the key steps, method and ingredients.
2. Including facts and drawings from research undertaken.
3. Following a recipe, including using the correct quantities of each ingredient.
4. Adapting a recipe based on research.
5. Working to a given timescale.
6. Working safely and hygienically with independence.
7. Evaluating a recipe, considering: taste, smell, texture and origin of the food



Links to other areas of the curriculum: History – WW2; Science - Healthy eating/balanced diet

