

## Rationing in WWII

Britain stopped importing food when the war started because ships bringing the food were destroyed by German submarines.

The government knew that this would lead to a shortage of food, so rationing was introduced in January 1940.

Rationed food included butter, sugar, tea, meat, eggs, cheese, jam, sweets and milk. Potatoes, fruit and fish were not rationed.



## Year 6 Autumn Term

Food technology - Cooking with seasonal produce  
Designing and Making a WWII pasty.

### Prior Knowledge:

Year 3- weighing out ingredients and following a recipe to create a dish

Year 5- being hygienic in the kitchen, knowing which seasons foods are good for harvesting

### Growing your own vegetables during WWII

Among the varieties of veggies that people were encouraged to grow, the most popular were potatoes, peas, carrots, parsnips, onions, shallots (known to be the finest thing for a real pickled onion), marrows and celery.

### Vocabulary:

Glaze, taste test, dice, fat content, ladle, rub in (pastry making), dough, moisture, rations



### Design and Make

Safe Cooking at West Bridgford Junior School



use our 10 point checklist to make sure you're ready to cook

- 1 If you have any food allergies or special dietary requirements, make sure the adult with you is aware.
- 2 Have you checked that the furniture in our cooking space safe and in a good arrangement? (Nobody is going to bang into anything or knock things off)
- 3 Have I tied my long hair back?
- 4 Have I removed all jewellery?
- 5 Have we got all of the ingredients we need? Are they ready to use?
- 6 Is the equipment we are using clean, dry and ready to use?
- 7 Do I know how to use the equipment safely?
- 8 Have you wiped the surfaces with antibacterial spray or wipes?
- 9 Does everybody have an apron to wear?
- 10 Are my hands thoroughly washed and dried?  
(If you touch your hair, spots, cuts etc or sneeze or cough, you must wash your hands again)

