



Waterbeach Community Primary School

Curriculum Capture for Year 5

Design Technology: Ration book cooking and healthy eating

Key Knowledge

What is rationing?

- To be able to describe what rationing is.
- To understand why rationing was used during WWII.
- To be able to compare modern and war time recipes to identify key differences in ingredients.

How did seasonality affect rationing?

- To be able to describe foods in season at different points in the year.
- To be able to choose ingredients for a recipe based on the season.
- To understand that different foods are caught, reared or grown.
- To be able to use their prior knowledge of what constitutes a healthy and varied diet.

What healthy recipes would people living during World War Two have been able to make with their rations?

- To be able to discuss when WWII occurred and the ingredients which were most readily available.
- To be able to evaluate existing recipes against their understanding of a healthy and balanced diet.
- To design and plan a recipe taking into account rationing and resources available at the time.

Design, prepare and cook a dish using commonly available ration ingredients.

| Design | Make | Evaluate |
|--|---|--|
| <ul style="list-style-type: none"> • Use research of different types of WWII ration recipes to inform the design of a healthier recipe fit for purpose. • Generate and develop ideas through discussion as a whole class and in groups. • Create annotated sketches for how the recipe design will use knowledge of ration ingredients from a variety of food groups. • Plan the stages of making the dish, listing the ingredients and equipment that are needed. | <ul style="list-style-type: none"> • Select and use appropriate ingredients in the recipe based on the season. • Select from and use a wide range of tools and equipment to perform practical tasks (cutting, mixing, shaping). | <ul style="list-style-type: none"> • Evaluate existing recipes against the child's understanding of a healthy and balanced diet. • Evaluate their ideas and products against their own design criteria and consider the views of others to improve their work. |

Prior knowledge:

To know what makes a healthy and varied diet (The Eatwell Guide).
 To be able to name a range of cooking techniques.
 To know how to prepare food safely and hygienically.

Ration books



Vocabulary

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|-------------|--|
| Diet | The type and range of food that a person regularly eats. |
| Rationing | The ensuring of fair distribution of food and commodities when they were scarce. |
| Ration book | When something was purchased, the shopkeeper marked the purchase off in the customer's book. |
| Nutrients | A substance that provides nourishment essential for the maintenance of life and for growth. |
| Seasonality | The time of year when a given food type is at its peak, either in terms of harvest or its flavour. |

Key Skills

To be able to understand and apply the principles of a healthy and varied diet.

To understand seasonality and know where/how a variety of ingredients are grown, reared, caught and processed.

To prepare and cook a dish using a range of cooking techniques.