"Whatever you do, work at it with all your heart" *Colossians* 3:23

# Vegetable Soup Making

**Year 6**

**Autumn 2**





**Key Knowledge**

To know that:

- Soup was a cheap, versatile and available food source as home-grown vegetables were often the only option during WW2 (link to rationing).
- Soup is still used as a food source for all e.g. soup kitchens
- Using native ingredients which are in season helps reduce our carbon footprint and can support the local economy.
- There is sometimes a need to adapt cooking times and temperatures.
- Ensuring all food is piping hot when reheated reduces the risk of contamination
- Home-grown vegetables were often the only option for people during WW2.
- Evaluating how much products cost to make can affect the choices I make throughout the design of my product.
- Designing new products should improve upon existing products.

| Key Vocabulary: | |
|---|---|
| Soup | A liquid dish, typically savoury and made by boiling meat, fish, or vegetables etc. in stock or water |
| Rations | A fixed amount of a commodity officially allowed to each person during a time of shortage, as in wartime. |
| Herbs | Any plant with leaves, seeds, or flowers used for flavouring, food, medicine, or perfume. |
| Native | A person born in a specified place or associated with a place by birth |
| Stock | A mixture of boiled or simmered ingredients that typically include meats and vegetables. |
| Chop | Cut into pieces with repeated sharp chops of a knife. |
| Chopping knife | A knife with crescent-shaped blade for chopping or mincing. |
| Recipe | A list of ingredients and instructions for making a food dish. |
| Adapt | To make changes |

## Key People / Dates/ Phrases:

- Rationing
- 1940 (when rationing of key ingredients was introduced in WW2).
- Lord Woolton - Minister for Food during WW2 who introduced rationing.
- 'Do with less so that they have enough'
- 'Dig for Victory'

