



“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'

