



Design and Technology

Year 5 Summer 1 Fallen Fields



As part of your France (Fallen Fields) learning, you will be researching rationed food in WW1 and planning what would be needed to make a war rationed meal. You will design and prepare your rationed meal following a recipe.

Food and Nutrition - Designers of food products need to think about where food comes from and how the food fits into a healthy and varied diet. They must think about the preparing and cooking processes and different ways to get food ready to be eaten.

What we know so far

- I must work hygienically in the kitchen by washing my hands, tying long hair back and keeping surfaces clean.
- Food products are designed to attract a target audience.
- A balanced diet is a range of food from all food groups on the Eatwell Plate.
- Living things need the right amount of nutrition to stay healthy (Yr 3 Spr 2 Science).

Key Vocabulary



Ration – an amount of food allowed to each person during a time of shortage.

Interesting – something that is engaging and exciting .

Sustainable – if a food source is sustainable it means it can continue to be used without running out.



Seasonality – foods are grown, raised or caught more easily during certain seasons.

New Knowledge

To show I am hygienic in the kitchen I must wash my hands, wear an apron and keep surfaces clean.



Food can be rationed in times of hardship.



Meals need to be presented in an interesting way and should be varied and interesting to provide a sustainable diet.

In order to stay healthy, it is important that we eat a balanced diet of foods from each of the five food groups.

The five different food groups are:

1. Carbohydrates
2. Fruits and vegetables
3. Protein
4. Dairy
5. Foods high in fat and sugar

Fruit and vegetables –Good for vitamins, minerals and fibre.

Carbohydrates - Good for energy, vitamins, minerals and fibre.

Proteins –Good for muscle-building, vitamins and minerals.

Dairy –Good for muscle-building protein, vitamins and minerals.

Fats and Sugars – Only eat occasionally and in small amounts. Good for energy and fat reserves in small amounts. Cut down on saturated fats.



Food sources need to be sustainable to provide for a population.

Rationing and limitations on some food types can have an impact on people's health.

