

# Victory vegetables



Rationing and unobtainable ingredients prompted changes to traditional recipes. Some of these changes resulted in lower sugar and fat versions of foods such as cakes and creative uses of vegetables in plentiful supply such as potatoes and carrots.

**All pupils will:** Name some differences between food we eat today and that of the Second World War.

**Most pupils will:** Identify why there are differences in the types of food we eat and the amount of fat and sugar that we eat today compared with during the war. Realise eating a sensible amount of fat and sugar is important.

**A few pupils will:** Notice that rationing made people eat less fat and sugar in their diet; realise that foods can be substituted for others, some of which are healthier.

Pupil Activity	Learning outcome	Teacher input
Using coloured pencils mark where the recipes are similar – eg same ingredient and where they are different eg the amount of ingredient	Begin to think about what the differences are between the Second World War and modern recipes	Give out copies of recipes below. Model activity, set colours for difference and similar.
Discuss what the differences are and why	Realise the differences in the recipe are a result of foods being rationed or scarce and that some items eg carrots are substitutions	Lead discussion
Weigh out a week's adult ration. (See Diet and rationing sheet for amounts.) Identify any foods that are different from what they eat today eg lard, tea leaves.	Weights and measuring. Identify some of the differences between food we eat today and during the War.	Ensure hygienic treatment of food

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## Pupil Activity

Calculate the % of a week's ration the wartime cake uses fat. Discuss how often they eat cake and pudding and how healthy that is. Discuss what you could not have if you used your ration to make a cake.

## Learning outcome

Consider which foods need fat. Identify that many foods contain fats. Think about why the rationed diet could be healthier than today's.

## Teacher input

Lead discussion. Provide information about daily recommended amounts of sugar and fat (see the poster for more information).

**Extension activity:** Bake both cakes and have a taste test.

### Wartime carrot cake

Serves 8

225g self raising flour  
115g margarine  
115g sugar  
50g dried fruit  
85g grated raw carrot  
1 1/2 tablespoons malt vinegar  
6 1/2 tablespoons milk

Rub the flour and margarine together till they resemble breadcrumbs. Mix in the sugar, dried fruit and carrot. Mix the vinegar and milk together and add to the mix. Turn in to a greased and floured 18cm tin. Bake in a 180C/350F/Gas 4 oven for 1 hour 10 minutes.

### Modern carrot cake

Serves 8

225g margarine  
225g brown sugar  
4 eggs  
125g chopped walnuts and 50g ground almonds  
350g raw grated carrot  
175g self raising flour  
5ml (1 level tsp) baking powder

Cream the margarine and sugar together until light and fluffy. Slowly add the eggs beating well with each addition. Add the carrots, raisins and walnuts. Sift the flour and baking powder and add the ground almonds. Add to the cake mixture. Turn in to a greased and lined 20cm cake tin. Bake in a 180C/350F/Gas 4 oven for about 1 1/4 hours. It is done when a skewer comes out clean when inserted into the cake.