

COOK AND LEARN



CHILDRENS COOKERY BOOK

WITH CHILDREN IN WW1

ORDER AS HARBDOOK & GET EBOOK FREE FOR TABLETS & YOUR SMART PHONE



Introduction

These artworks, page spreads and activity sheets have been created by second and third year students while studying on the “Graphic Design For Children’s Books” module at the University of Worcester.

The outputs here are based on a brief that asked students to research, develop and outputs examples of working prototype covers, page spreads and linked activity sheets for a ‘WW1 Cookbook for Children and Families’ set by University of Worcester history Professor Maggie Andrews and taught by Senior Lecturer in Design Andy Stevenson.

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September 2015
Professor Maggie Andrews
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Meatless STEW

Jan 27, 1918

Dear diary,

Today after school I went to the village to queue for our ration. I was hoping to bring so meat home but I only got flour and milk.



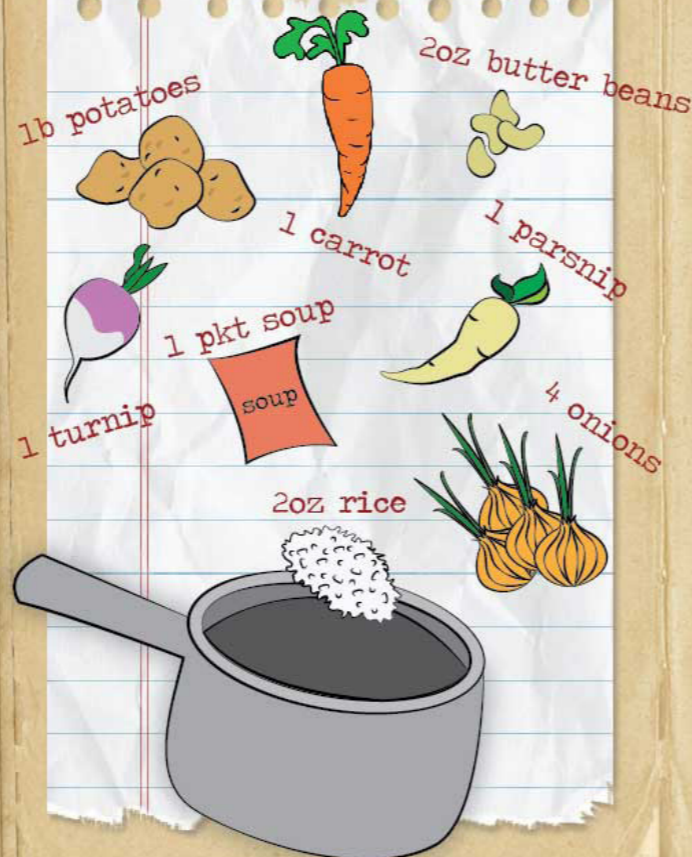
Hi I'm John, and I am a boy scout. This is a page my diary. Feel free to explore!



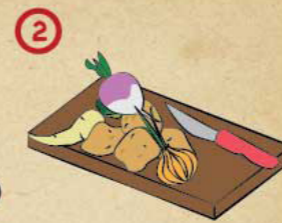
This is my dad! One day I want to be a soldier like him



Ingredients



Wash all the vegetables.



Chop all the ingredients



Mix everything together into a pot



Cook slowly for at least 3 hours.



Did you know?



Meat was very expensive during wwl. It was hard to get hold of and finally in 1918 rationed, so a range of meatless recipes emerged or recipes based on bacon from the family pig or eggs if the family kept chickens!!



BAKED JAM ROLL

INGREDIENTS

- 4oz flour
- 3oz ground rice
- 4oz margarine
- water

DID YOU KNOW?

Butter was rationed to only 6oz per week!



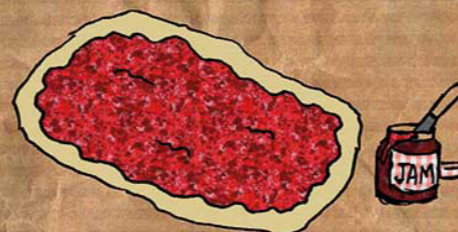
- 2.** Slowly add teaspoons of water and mix it in. Keep adding water until the mixture sticks together.



- 3.** Using a rolling pin, roll out the mixture to about 5mm thick.

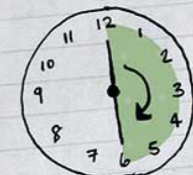


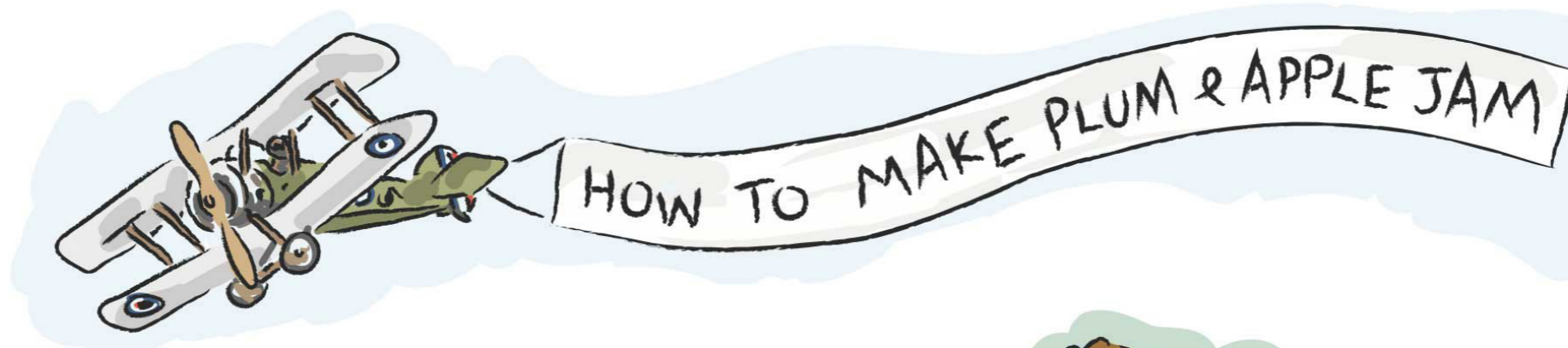
- 4.** Spread jam over the pastry. Leave about 2cm around the edge.



- 5.** Wet the edges and roll the pastry up.

Bake on a greased tray for 30 minutes.





HOW TO MAKE PLUM & APPLE JAM

Method:

For every 10lb of jam use 5lb sugar to 5lb prepared fruit ie: washed, hulled, peeled, cored, etc; 50/50 apples/plums. Apples are rich in pectin so the jam will set nicely +1 tablespoon lemon juice if required to taste.

Top tip:

Ask an adult for help!



1. Place fruit in a large pot/bowl and sprinkle with the sugar to draw out the juice.



2. Leave for as long as possible overnight is ideal.



3. Transfer fruit and sugar to preserving pan and bring to simmer gently, stirring gently to distribute fruit evenly, add lemon juice. Boil steadily, not rapidly, or it will discolour and burn, until setting point is reached.

4. Once the correct result has been reached, allow to cool slightly then pour the hot jam into hot sterile jam jars.



Lentil Hot Pot...

You Will Need

Lentils $\frac{1}{2}$
Onion 1
Carrots 2
Teaspoon mixed $\frac{1}{2}$
herbs
lb bacon $\frac{1}{4}$
Salt and pepper
pints of water 4/1/11

1

Cut up bacon and
fry it slightly

2

Slice carrots and onions
and fry in bacon fat

3

Add lentils and water

4

Season and cook gently
until the vegetables are
cooked and the water is
nearly absorbed

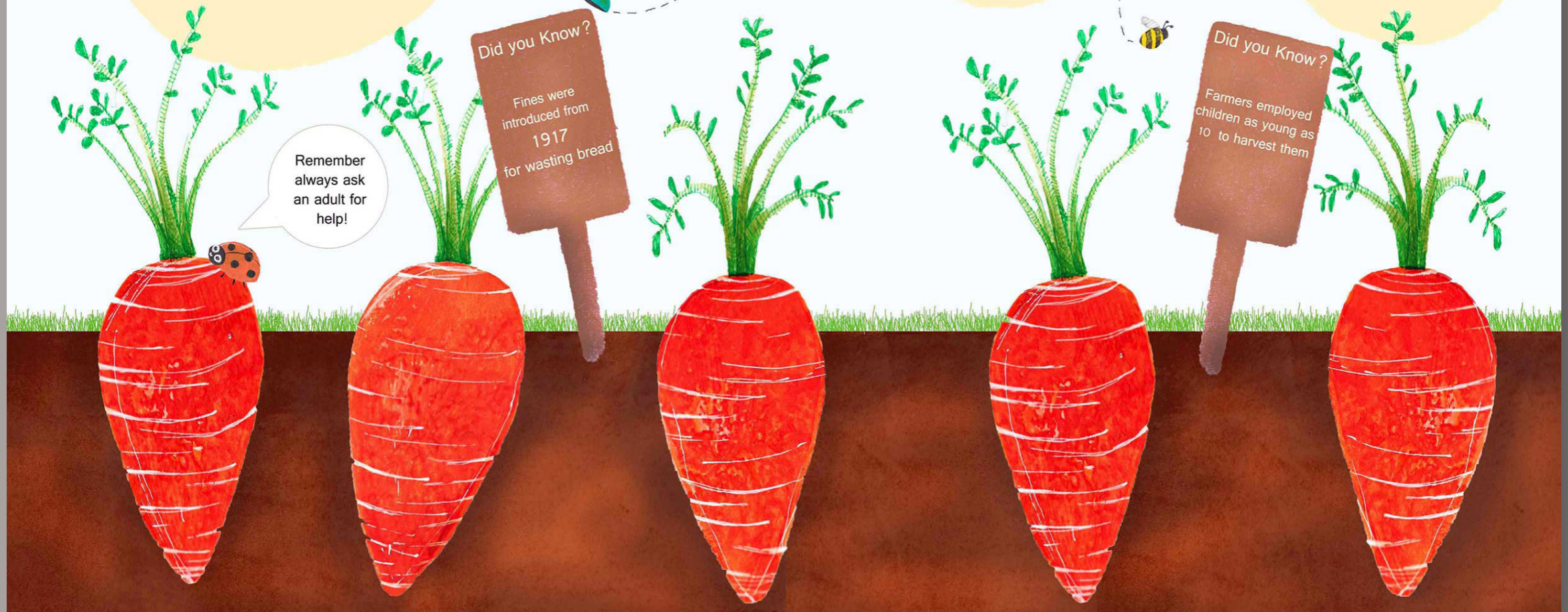
Did you Know?

Fines were
introduced from
1917
for wasting bread

Remember
always ask
an adult for
help!

Did you Know?

Farmers employed
children as young as
10 to harvest them



HOW TO MAKE PANCAKES

YOU WILL NEED: 8OZ SELF RAISING FLOUR
1/2 PINT OF MILK
PINCH OF SALT

1 Mix the flour and salt together in a bowl.



2 Slowly stir in the milk and beat until a smooth batter.



3 Melt a small piece of dripping or suet in a frying pan and when this is quite hot pour in enough batter to cover the bottom of the pan.

Did you know?

A lot of food was rationed in the World War. Even butter, which is needed for this tasty recipe.

4

In a minute or two give the pan a shake to loosen the half cooked batter, then turn the pancake over with a knife in the pan.



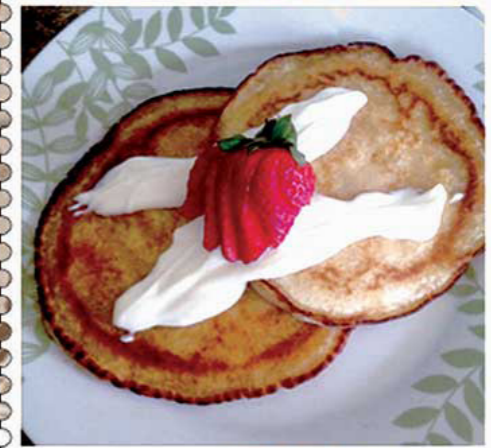
5

First lift a corner to see if the underside is brown. Having browned on both sides place on a hot dish in a neat roll and keep warm until all ready.



REMEMBER

TO ASK AN ADULT FOR
HELP!
ESPECIALLY WHEN
USING HEAT!

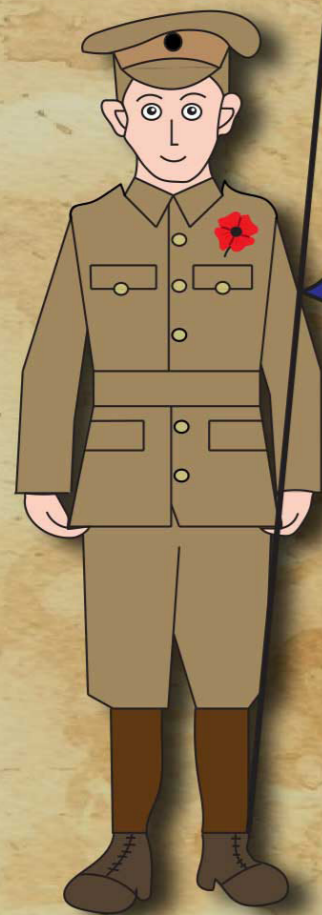




"Eggs were collected all over the country for wounded soldiers."



"There were over 2,000 egg collection points in the UK, including Much Wenlock Market Hall."



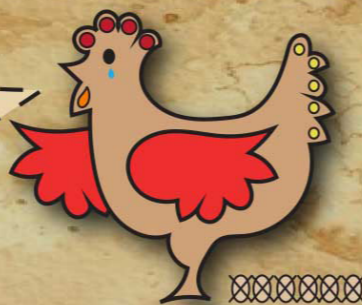
INGREDIENTS

- 6 oz self-raising flour
- 1 teaspoon baking powder
- 2 and ½ oz of margarine
- 2 oz sugar
- 1 tablespoon golden syrup
- ¼ pint of milk or milk and water
- Jam for filling



"There were collections at schools and special children's egg collecting weeks or days. Sometimes children decorated the eggs before they were transported to hospitals in France."

WHAT'S WRONG WITH MY EGGS??



STEP BY STEP: HOW TO MAKE

1.



Sift the flour and baking powder.

2.



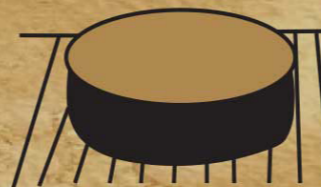
Cream the margarine, sugar and golden syrup until soft and light, add a little flour then a little liquid. Continue like this until the mixture is smooth.

3.



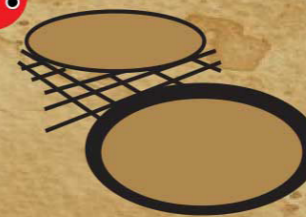
Then grease and flour two 7-inch cake tins and divide the mixture between them.

4.



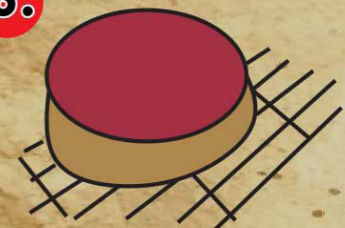
Bake in the centre of a moderately hot oven - 200C, 400F, gas mark 6 for about 20 minutes or until firm to the touch.

5.



Allow the cake to cool slightly and then tip out of the tins.

6.



Spread jam on one cake and cover with the other to make a sandwich.



DON'T FORGET!
ASK A GROWNUP



TOP TIP "Use stale bread. From 1917 there were fines introduced for wasting bread."

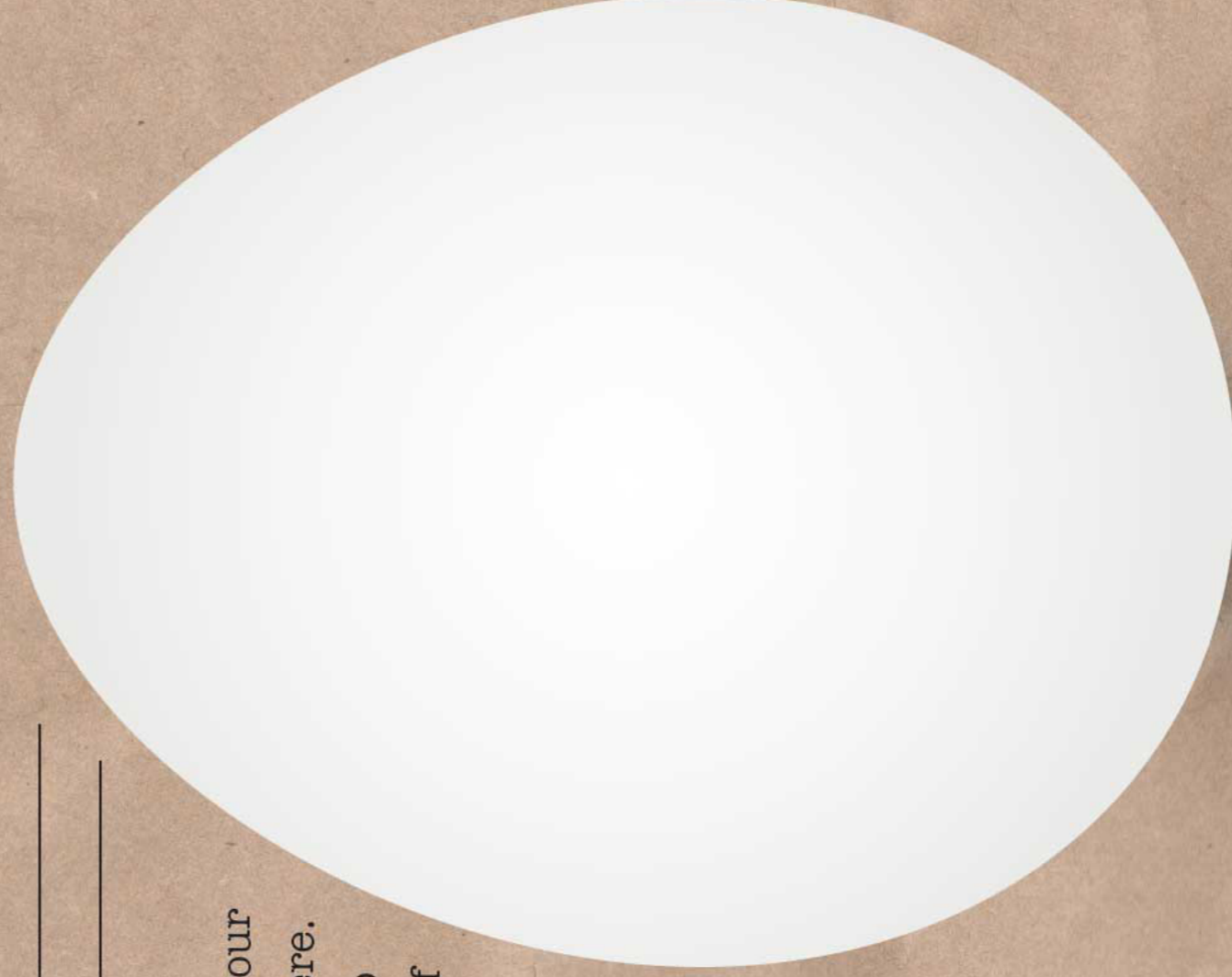
Decorate your own egg

Victory in the Kitchen
Activity Sheet



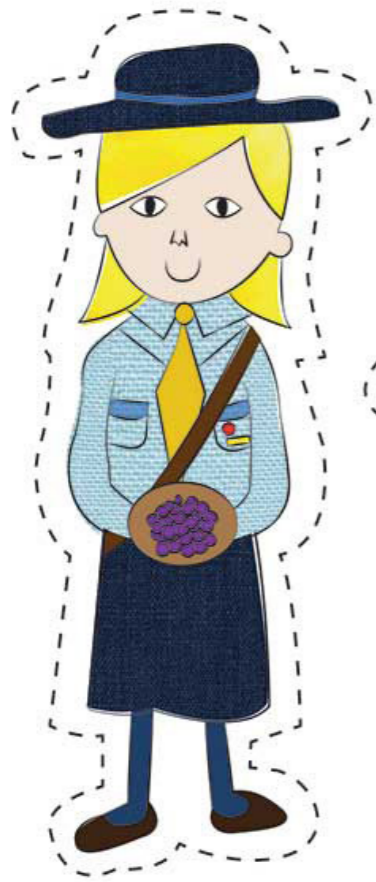
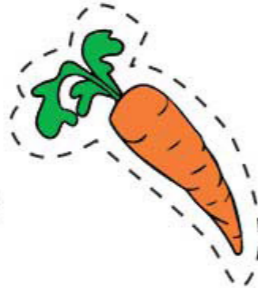
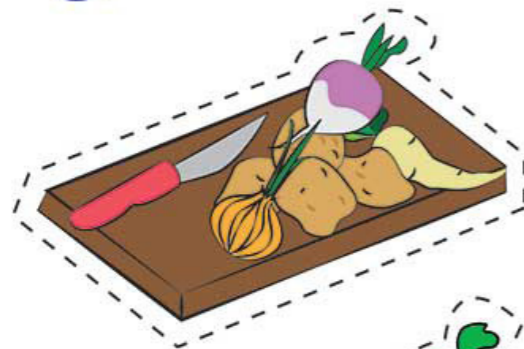
Name _____
Class _____

Decorate your
own egg here.
Feel free to
copy one of
the eggs
below or
create
your
own
brand
new
design.
Have fun!



DURING WW1 CHILDREN USED TO
COLLECT EGGS TO SEND TO THE WOUNDED
SOLDIERS. SOMETIMES THEY WOULD DECORATE
THE EGGS TO REMIND THE SOLDIERS OF THEIR
FAMILIES BACK HOME. WHY DON'T YOU
HAVE A GO AT DECORATING YOUR OWN EGG?

Stickers

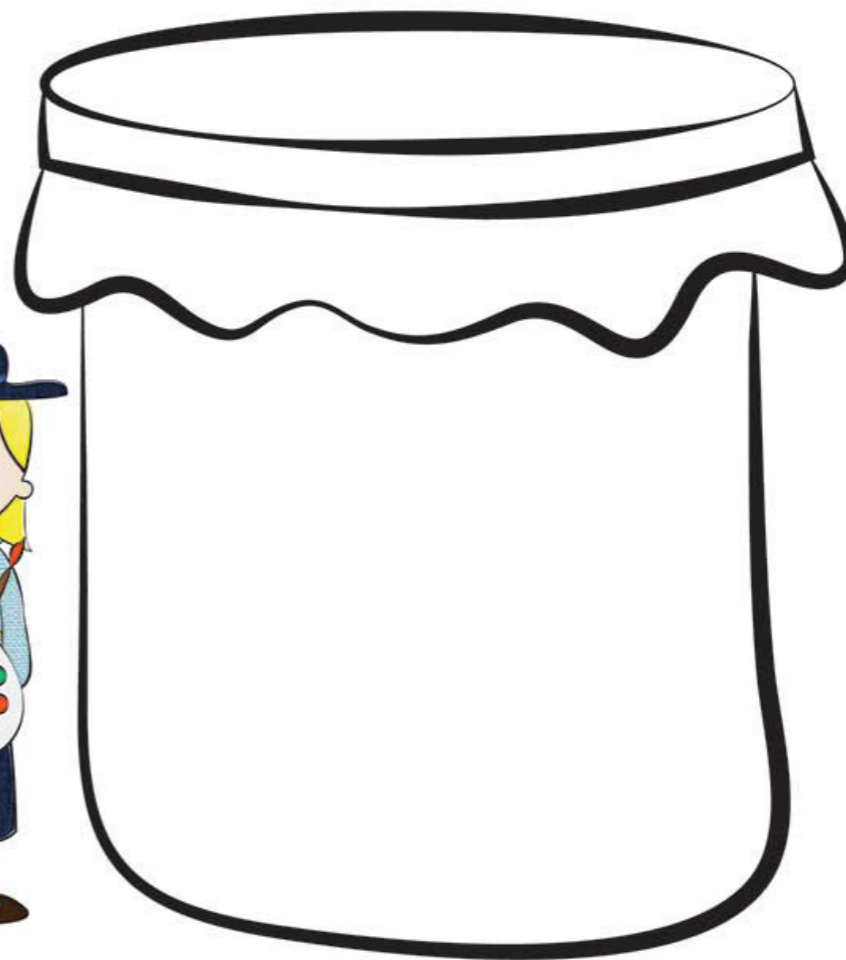


Design a jam Jar...

Did you know?

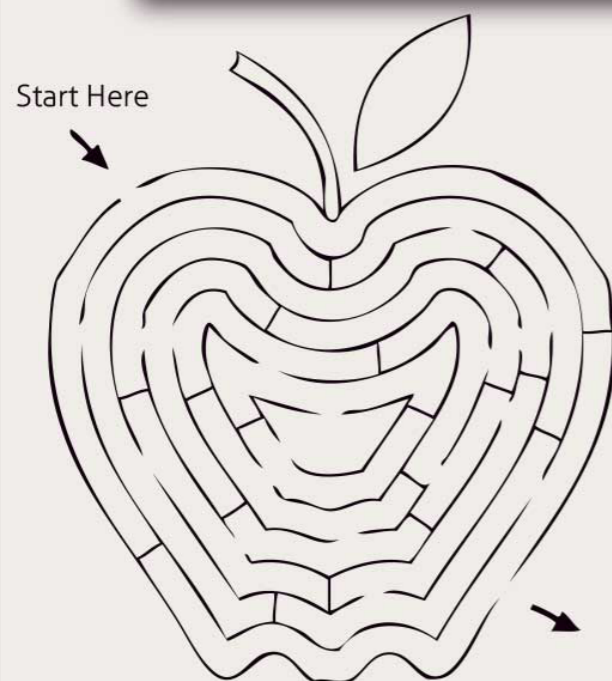


In 1917 and 1918 schools stopped lessons for two half days in Autumn to gather blackberries to make jam for the soldiers on the front.



THIS ACTIVITY SHEET

BELONGS TO

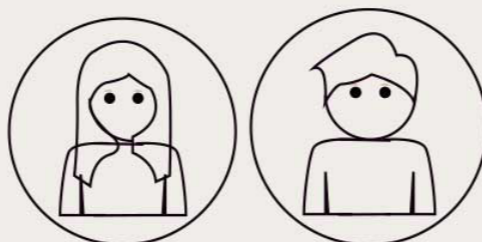


Can you help The Homefront Kids find their way through the fruit maze?

FUN FACT

Some kids growing up on the homefront hadn't seen a banana until the age of 10-11!

Create yourself as a homefront kid back in World War One...



MESSAGE?

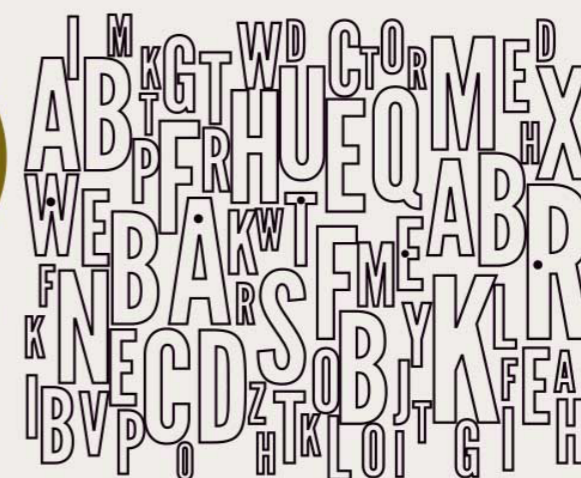
What was the message Will asked you to carry, please write it below.

This message was a word used by soldiers in the war, it was a word learned to identify shells by size, effects or sound. Whizz-bangs were fired from guns, that gave you no time to duck; soldiers also used this word term for a quickly written and despatched official postcard.



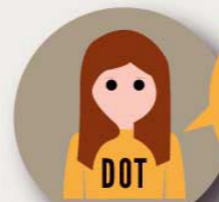
WATCH OUT FOR

Soldiers put chlorine and lime into this to kill the germs. Colour the letters that have a dot to reveal the hidden message.



[FACT]

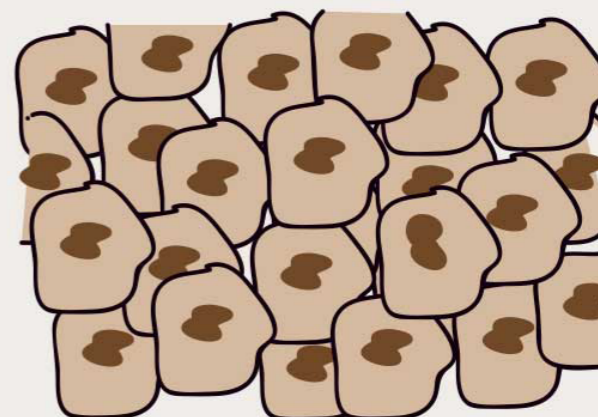
Although this managed to kill the germs it was also known for making the soldiers poorly with sickness and diarrhoea!



PANCAKES

Can you help me spot the difference?

Circle the odd pancake marking.



Correct the spelling mistakes below:

SOLJERS

HOMEFRUNT

RASHIONS

Cross out the ingredients not needed for recipes in this book -

Salt	Flour	Fish	Eggs	Butter	Pears	Bacon
Bread	Chocolate	Rice	Cream	Potatoes	Lentils	

WORKSHEET



Name: _____

School: _____



1. Make a list of jams you have seen or eaten, below.

2. Visit a supermarket and look at the jam aisle.

How many different types are there?

How many single fruit jams are there?

Are there any that use more than one type of fruit?

What is the highest price?

What is the lowest?

Why do you think they are different?



Wordsearch

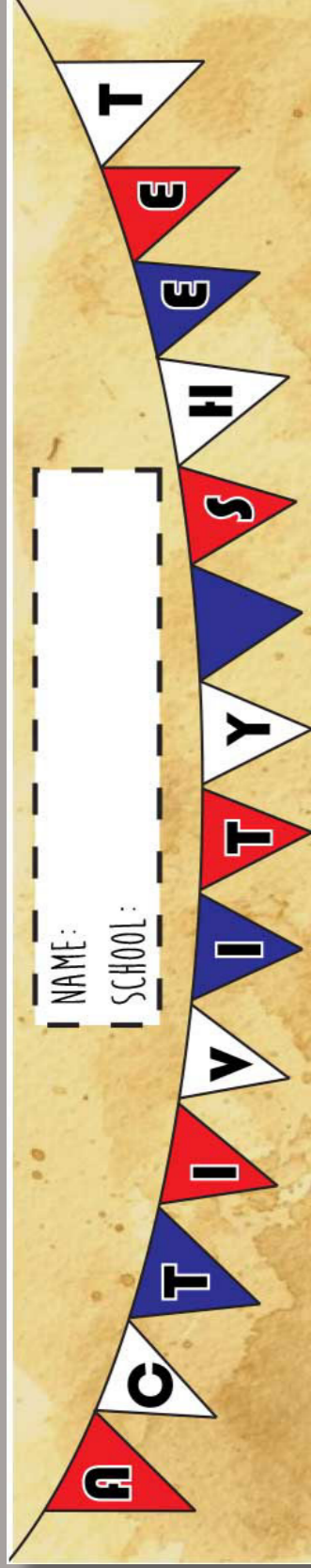
s	p	m	o	t	j	g	r	e	b
t	t	a	p	s	r	o	a	h	l
r	a	r	e	l	a	o	s	d	a
h	p	m	a	f	u	s	p	o	c
u	r	a	c	w	e	m	b	c	k
b	i	l	h	d	b	c	e	a	b
a	c	a	p	p	l	e	r	y	e
r	o	d	t	s	r	y	r	b	r
b	t	e	n	v	i	p	y	r	r
g	o	o	s	e	b	e	r	r	y



Can you find all the fruit?

- | | |
|-------------------------------------|-------------------------------------|
| <input type="checkbox"/> Apricot | <input type="checkbox"/> Blackberry |
| <input type="checkbox"/> Strawberry | <input type="checkbox"/> Marmalade |
| <input type="checkbox"/> Raspberry | <input type="checkbox"/> Apple |
| <input type="checkbox"/> Peach | <input type="checkbox"/> Rhubarb |
| <input type="checkbox"/> Plum | <input type="checkbox"/> Gooseberry |





WORDSEARCH:

Can you find the words from the list below.

J H E G G L E S S P O N G E S D
S S G H E N W O U H N J S J F E
S S G S T A L E B R E A D D E C O
B S C H F F H V I K L M E C C H D
B U O D D F H G D F G I C H F H F
D H L F D J B G F G G L O N F N F
F M L B F B F B F B R B F B F
B B E J S J S J D B F M A J F J F
F B C B F B F B F B F M T U N H H
M L T B I N G D M I J K I I B F F B
C C I B V B V B D H F H G J J J J
D N N J D S O P H E N F B F H S D
J G J F D J S F F D J F D S H F I I
W O U N D E D S O L D I E R S H D

EGGLESS
EGG COLLECTING
WOUNDED SOLDIERS
HEN

STALE BREAD
DECORATING
DONATE



QUICK QUIZ:

1. Who were the eggs sent off too?

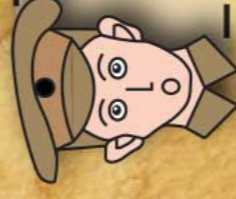
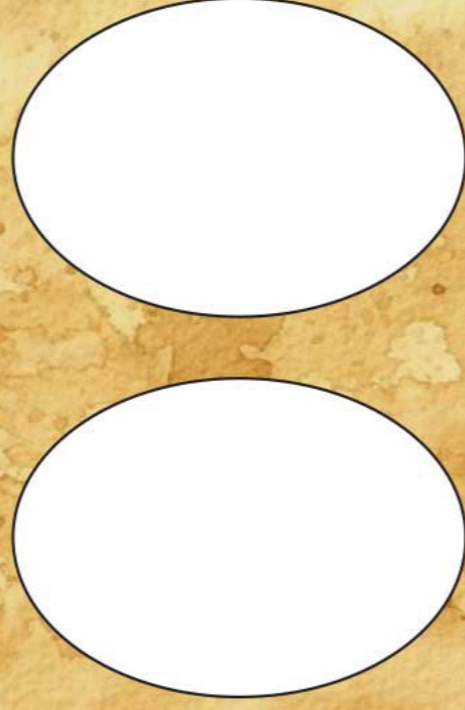
2. How many collection points were there in the UK?

3. When was the first egg collection?



EGG DECORATING:

Decorate your own eggs like they did in the war.



MATHMATICS QUESTION:

If I had 7 hens and three laid 5 eggs and two laid 4 eggs and I laid 6 eggs! How many eggs would there be in total?



MAZE:

Help the hen find the egg.

