COOK AND LEARN

WW1 FOOD FIGHT

CHILDRENS COOKERY BOOK

WITH CHILDREN IN WW1

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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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Professor Maggie Andrews
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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.

With love from Dad

Did you know?
Meat was very expensive during WW1. 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 margerine
- water

**DID YOU KNOW?**
Butter was rationed to only 6oz per week!

1. Mix the flour and ground rice together. Rub the margerine in with your fingers.

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.
Method:
For every 1lb of jam use 1lb sugar to 1lb 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 ½
- Onion 1
- Carrots 2
- Teaspoon mixed ½ herbs
- 1lb bacon ¼
- Salt and pepper
- pints of water 4/1/II

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?**
- Pints were introduced from 1917 for wasting bread

Remember always ask an adult for help!
**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.

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.

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

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

"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."

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 – 200°C, 400°F, 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.

WHAT’S WRONG WITH MY EGGS??

TOP TIP “Use stale bread. From 1917 there were lines introduced for wasting bread.”
Decorate your own egg
Activity Sheet
Victory in the Kitchen

Play with Private Pigeon

During WWI, children used to collect eggs, sometimes they would decorate the eggs to remind the soldiers of their families. Back home, mom didn’t want you to have fun doing your own eggs!

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!
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!

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

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.

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.

PANCACKES
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?

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Wordsearch

Can you find all the fruit?

- Apricot
- Strawberry
- Raspberry
- Peach
- Plum
- Blackberry
- Marmalade
- Apple
- Rhubarb
- Gooseberry
ACTIVITY SHEET

NAME:

SCHOOL:

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 Q S T A L 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 Q D F G I C H F H F
D H L F D J B G F Q Q L O N F N F
F M L B F B F B F B F B R B F B 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

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?

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?
   
MAZE:
Help the hen find the egg.