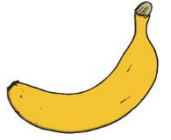


## Spring 2 Year 1/2 Homework

How has food changed over the last 100 years?



Choose one of these projects related to our topic. You can complete it with family members. It needs to be completed and returned by 31<sup>st</sup> March.



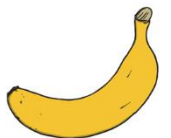
**Project 1 - Make a list of the different foods in your kitchen and compare with your grandparents.**

Look in your food cupboards, fridge or freezer and write a list of the foods you have got. Then look in your grandparents' cupboards and do the same. How are the foods the same or different to yours?



**Project 2 - Cook your favourite cake or meal.**

Make your favourite cake or meal and take photos as you do this. You could write a list of ingredients needed to make your meal or cake. You might write the recipe instructions for how to make it.



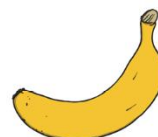
**Project 3 - Research the countries where different food comes from.**

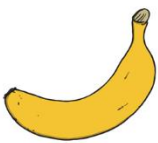
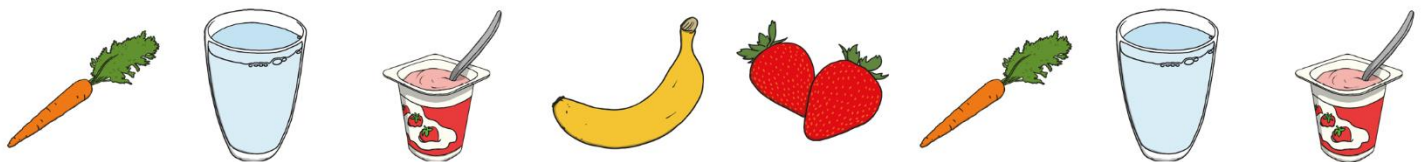
Look at the food labels in your house and work out where the food comes from. Which food travels the furthest to get to our plates? Which food is grown in the UK? Create a fact file with your findings.



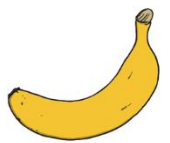
**Project 4 - Create a poster on favourite meals or snacks.**

What is your favourite meal or snack? What is your parents' favourite meal or snack? What is your grandparents' or great grandparents' favourite meal or snack? How are they the same or different?





# Here are some resources to help you...



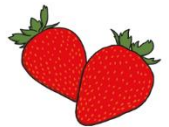
<https://sainsburyarchive.org.uk/timeline/over-150>

<https://sainsburyarchive.org.uk/branch/branches>

<https://www.youtube.com/watch?v=ORKoEOb6Mdg>

<https://www.foodmiles.com/>

<https://www.bbc.co.uk/food/recipes/>



## Victoria Sponge Cake

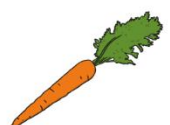
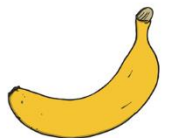
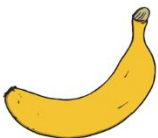
This light sponge cake, sandwiched with sugar, is generally believed to have been a favourite of Queen Victoria, who enjoyed a slice with her afternoon tea.

**Ingredients**  
 225g butter or margarine, at room temperature  
 225g caster sugar  
 4 large eggs  
 225g self-raising flour  
 2 tsp baking powder  
 Raspberry or strawberry jam  
 Icing sugar

**Equipment**  
 2 x 20cm sandwich tins, greased with a little butter and the bases lined with baking parchment

**Method**

1. Preheat the oven to 180°C/Gas Mark 4.
2. Beat the butter and sugar using a handheld electric whisk or freestanding mixer, until the mixture is pale, light and fluffy.
3. Beat the eggs together lightly. Then, add gradually to the butter and sugar mix, beating continuously.
4. Sieve the flour and baking powder together. Fold into the mixture until completely mixed.
5. Divide the mixture between the prepared baking tins and level the tops.
6. Bake in the centre of the preheated oven for 20-25 minutes. The cakes are done when they are golden brown and coming away from the edges of the tin. You can also test by pressing lightly on the top of the cake - if it springs back, it is cooked.
7. Cool in the tins for 5 minutes, then remove



## How to Make Pumpkin Soup

**You will need:**  
 \* 1 Pumpkin  
 \* 1 Potato  
 \* 1 Carrot  
 \* 1 Onion  
 \* 2 tbsp. Oil  
 \* 2 Litres Water

**To make the soup:**

- 1) Wash your hands.
- 2) Chop up the vegetables.
- 3) Fry vegetables in a pan.
- 4) Add the boiling water.
- 5) Boil for 30 minutes until the vegetables are soft.
- 6) Mix the soup until it is smooth.
- 7) Eat the tasty soup!

