

## A challenge for students in food technology (Primary)

This is a special **challenge** for Holocaust Memorial Day 2010. We want you to think about food.

We all know that food is important. We need it to keep us alive and healthy. It gives us energy which we need to play games, take part in sport and have fun.

To be healthy we have to eat enough of the right foods. The first part of your challenge is to **find out** more about these. You need to find the picture of the “Eat well plate” by visiting

[www.food.gov.uk/healthyeating/eatwellplate/](http://www.food.gov.uk/healthyeating/eatwellplate/)

**Draw** a copy of the plate and talk to your teacher about what you find on the plate.

**Next** work with your teacher and make a shopping list for a week of healthy eating for a small family made up of Mum, Dad and their three children Paul and Alice and Janine aged 5, 7 and 9. Your teacher should **write** the list on the board where everyone can see it.

**Talk** together about two meals the family could cook using items on the shopping list you have created.

Now we want you to **think** of another family. Mum, Dad and their three children David, Judith and Rachel. They lived in Poland during the Holocaust and they were Jewish. When they made plans for meals it was very difficult. The Nazis made rules saying what Jewish people could buy. Food was rationed and Jewish people could only buy certain types of food. Jews were not allowed to buy meat, poultry, fish, fruits, vegetables, eggs, or white flour. Their diet consisted mainly of potatoes and bread.

At first Rachel, Judith and David’s Mum and Dad were allowed to buy 70-250g of bread, 250g sugar/month, a few potatoes and beets (like turnips) half a cabbage and a little jam.

**Talk** together about two meals the family could cook using only these ingredients.

How does it compare with your modern meal?

Do you think this was a healthy diet? What things are missing from it? What happens when people don’t eat a healthy diet?

Now we want you to **think** about the energy which food gives us. Food contains calories and calories give us energy.

Here are the calories we need each day:

Man	2500 cals
Woman	2000 cals
Child	1800 cals

Today we can work out how many calories we are eating by looking at the labels on the food we buy.

What happens if we don't get enough calories? How do we feel?

Let's **think** about Rachel, David, Judith and their Mum and Dad again. The Nazis made life very difficult for Jewish families. This family had to move into a ghetto, a small area of the town which was surrounded by high fences and walls. There were guards on all the gates and Jewish people were not allowed to leave. The Nazis stopped most of the food supply. Sometimes all that the family had to eat was half a loaf of bread between them and a bowl of thin soup from the ghetto soup kitchen. By 1941 there were so few ingredients that the soup contained only 110 calories.

A sum to work out

**Look** on a bread wrapper to find out how many calories there are in a loaf of bread.

Now **divide** that by two to see how many calories are in half a loaf.

**Divide** that by 5 to see how many calories each person in the family got from the bread.

**Add** this number to the calories found in the soup.

How many calories did each person eat? **Write** your answer on a piece of paper. You will need it later.

**Work out** how many calories were missing from the daily diets of Dad, Mum and the children.

**Practical challenge**

Try to **cook** a meal using only the ingredients Rachel, David and Judith's parents were allowed to buy before they moved to the ghetto.

Or

Using the correct numbers of calories from your sum try to **cook** a meal for four people. (Clue you will need to multiply the number on your paper by 4)

**Remember** if you are using bread in your meal that Jewish people were not allowed to buy white flour. They also had no yeast so the bread was made by mixing brown flour and water. We can't give you a recipe because some days there was less flour than others. You will have to **experiment** with your own mixture.

On Holocaust Memorial Day thousands of people all over the UK are taking part in various activities to help them remember the people who suffered during the Holocaust. We are asking everyone to become part of a **Legacy of Hope** by thinking about the past and promising to work together to make the world a safer and fairer place. By talking about food rations and trying to make a meal from very few ingredients you have spent time thinking about the terrible conditions Jewish people faced when the Nazis had power in Europe. We hope you enjoy your next meal and that while you are eating it you will **tell** people everything you found out about Judith, David, Rachel and their Mum and Dad.