

Mexborough St Johns DT Knowledge Organiser: Food and Nutrition- Victorian Tea Party Y5

Victorian Tea Party
Food Items:

Scones



Cake



Savoury Pastry



Small Cookies



Finger Sandwich



Vocab:

Layer: To arrange ingredients on top of each other.

Savoury: Salty or spicy in flavour.

Sweet: Sugary or honey characteristics in flavour.

Scale: A device to measure weight or mass of ingredients.

Chop: To cut in to chunks.

Slice: To cut in to thin discs.

Squeeze: To press fruit to release its juice.

Grate: Shred food in to small parts.

Peel: To remove the outer layer of skin or covering.

Texture: How something feels or looks.

Nutrients: A substance that provides nourishment essential to maintain life.

Balanced diet: A diet consisting of a variety of different types of food and providing adequate amounts of the nutrients necessary for good health.

Moderation: The avoidance of excess.

Recipe: A list of ingredients and instructions on how to use them.

Key Questions and Knowledge:

- All things are designs with specific purpose and audience.
- Can you follow the recipe carefully?
- Research of Victorian recipes need to be found and modern adaption made where necessary.
- How will you prepare the ingredients? Chop? Slice? Grate?
- Which food groups will you include?
- How can you make the tea party balanced?
- Are their healthier alternatives?



Nutrition:

Tea parties are mixed with both sweet and savoury treats which can be difficult to maintain a healthy nutritional value. It is important to included healthy ingredients as well as more indulgent ones. Savoury treats can be eaten as part of a balanced diet when they are eaten in moderation. Luckily, the Victorians added fruit to their sweet items.



Mentionable Information:

During the time of Queen Victoria, Anne, the Duchess of Bedford, would ask her maids to get her tea and little cakes after lunch. She drank it in solitude at first. But later, she began inviting her friends and other ladies to join her in partaking of this brew. It became a culture. Tea rooms mushroomed all over the place. Seeing this, other ladies began emulating her and very soon, they were all being invited and in turn inviting women for afternoon tea. This practice has become a social custom in most parts of the world today.