

# **GCSE OCR B Case Studies with Exam Prep**

## **Topic 7: The UK in the 21<sup>st</sup> Century**

**Curry: The Contribution of Ethnic Groups to Cultural Life in the UK**

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## Teacher's Introduction

This resource has been developed to provide case studies and exam preparation material to support the GCSE OCR B specification (J384) **Topic 7: UK in the 21<sup>st</sup> Century**.

This detailed case study is on **Curry in the UK**, illustrating the contribution of ethnic groups to the cultural life of the UK, through a study of food.

The case study includes a main content section which can be used as part of a lesson plan or distributed to students for self-guided research; a selection of ICT interactive links to further students' research around each topic and a set of Springboard Images and discussion questions (also available as a PPT file accessible by digital download) which makes a fantastic starter activity.

*A webpage containing all the links listed in this resource is conveniently provided on ZigZag Education's website at [zzed.uk/8868](http://zzed.uk/8868)*



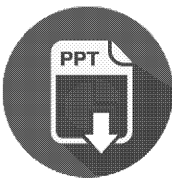
*You may find this helpful for accessing the websites rather than typing in each URL.*

The exam preparation section which follows the case study contains a summary table, bringing together all of the key facts and figures relating to the case study; rapid-fire revision questions (with answers) to help recall and retention of the main points; and an exam-style question and mark scheme, written in the style of the OCR B sample material, so that students can practice answering questions relating to case studies and applying relevant knowledge in their answers.

The resource may be used as a source of reference for the required case studies for individual study, or for group work leading to discussion or debate. Subheadings in the information sections are designed to enable tabulated comparisons of social, economic and environmental impacts.

Other detailed case studies are available for this topic area and illustrate the UK's position as an economic hub, and within a global conflict:

- Bristol, UK – an economic hub
- The Iraq War



**A PowerPoint presentation containing the Springboard Images starter activity to accompany this resource is available as a free digital download. Just register for free updates using the link below to download all available content for your school or purchasing site.**

November 2018

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## Part 1 – Case Studies



### Content

#### Ethnic Diversity in the UK

The UK is becoming an increasingly diverse place, with people moving to different parts of the country. While the majority of the population identifies themselves as 'White-British', as can be seen in figure 1, this figure is decreasing. The largest size after 'White-British' is the Indian community, but South Asian countries in Bangladesh, Pakistan and China also rank highly in ethnicity statistics.

The UK's capital, London, is the most ethnically diverse region in the UK and the second most ethnically diverse region. When we look more specifically at London to identify that the local authorities with the highest number of people reporting Indian ethnicity are Leicester in the East Midlands and Harrow in London, where 28.3% and 25.1% respectively, identified themselves as being of Indian ethnicity.

A 2005 report carried out by the Royal Geographical Society stated that ethnicity is changing, implying that non-white populations in the UK are growing, but also that the number of ethnic groups is increasing.

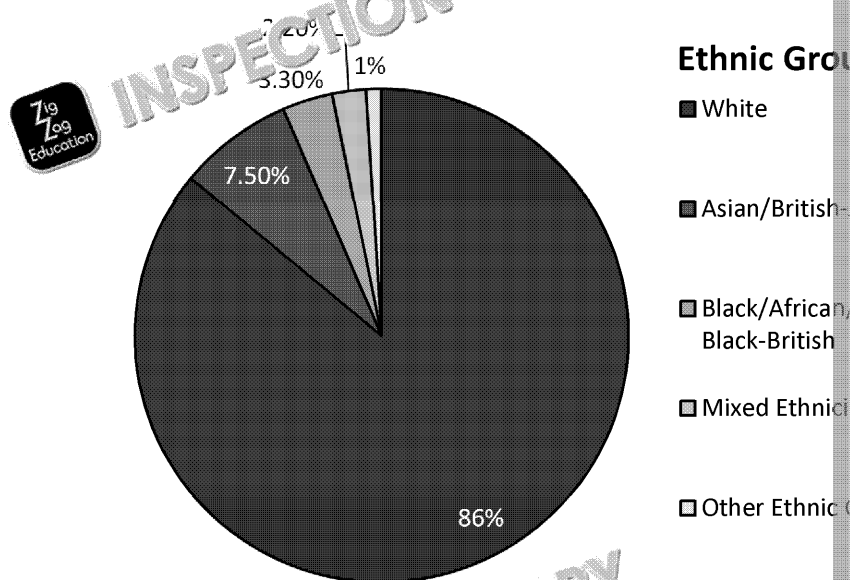


Figure 1: Ethnicity of the UK Population, data from Census 2001

#### The Influence of Ethnic Groups on Society

While ethnic communities in the UK will be heavily influenced by the UK culture, it is evident that these ethnic groups are having varying degrees of impact on UK society. As the population in the UK has increased, cultural life in the UK has developed to adopt some of the traditions that these ethnic groups uphold. Different ethnic groups within the UK have contributed in a variety of different ways: from food, to fashion, to media. Curry, for example, is a popular food item in the UK.

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integrated part of cultural life in the UK that is enjoyed by a large proportion of the population, including people from a variety of different ethnic backgrounds.

Here, we will look into the way people with roots in the Indian subcontinent in the UK have influenced the cultural life of the UK through curry.

## The Ethnic Origin of Curry

*Where Does Curry Come From?*

Curry is a traditional dish on the Indian subcontinent, particularly in India, Pakistan, Bangladesh, Sri Lanka, Bhutan, Nepal and the Maldives are the other countries that make up the subcontinent. 'Curry' is not the traditional name for the dish on the subcontinent, the term that is characteristic of this region.

There are two key ideas about where the term 'curry' came from.

- One suggestion is that the dish was originally called 'Kari', a Tamil word for a dish with meat and a lightly spiced sauce.
- The second suggestion is that the word came from an English cookbook that referred to all hot food as 'curry', which subsequently came from the French word 'cuisiner' which means to cook.

The majority of Indian restaurants in the UK are actually run by Bangladeshis, but it is possible to find restaurants in the UK serving curry dishes that are from Sri Lanka.

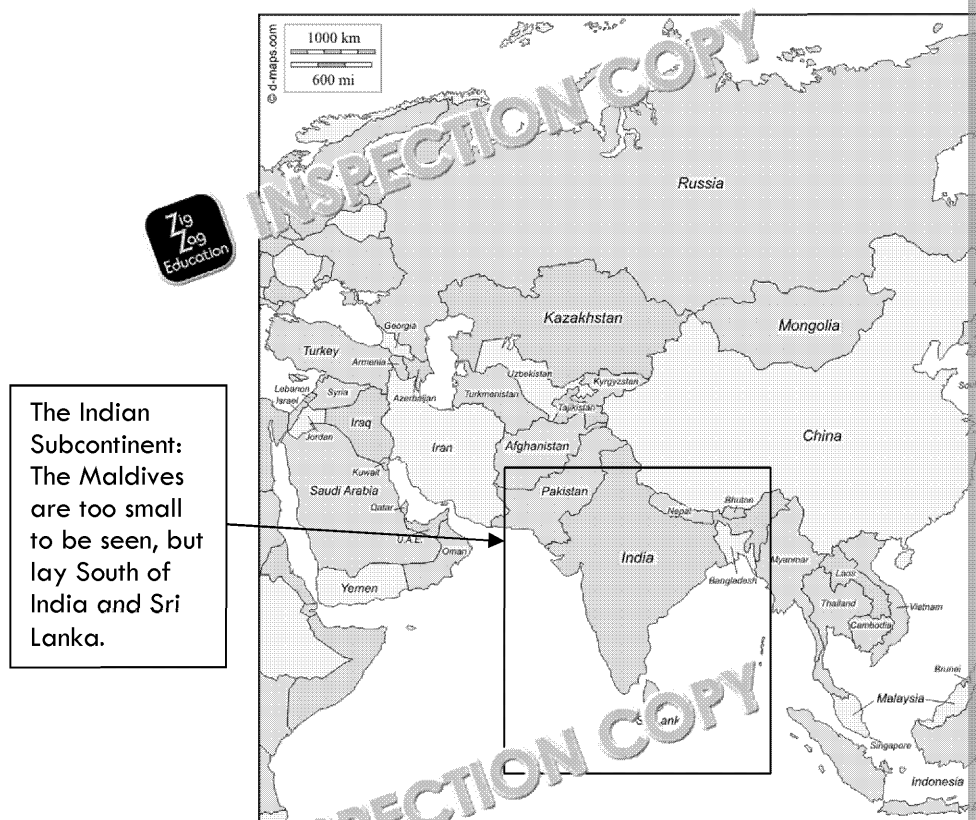


Figure 10: Map of Asia, highlighting the Indian Subcontinent.  
Source: [http://d-maps.com/carte.php?num\\_car=66537](http://d-maps.com/carte.php?num_car=66537)

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### Why is Curry an Important Food in the Culture of the Indian Subcontinent?

Every country has its own traditional dish; it's been eaten for many years and doubt it will continue to be enjoyed for years to come. For the British, perhaps a traditional roast dinner. In Italy, it's pizza or freshly made pasta. In the Indian subcontinent, it's curry – in some parts of the subcontinent curry is eaten for more than one meal a day.

Wheat, basmati rice and pulses are an important part of the diet of people on the Indian subcontinent. These crops are able to be grown easily and at a low cost due to the climate and resources available. This is why many of the typical Indian traditional dishes contain lentils, peas and beans. This is also why most Indian dishes are served with rice.

The flavour of the curry comes from the herbs and spices that grow on the Indian subcontinent. Coriander, cumin and turmeric are some of the most used spices. The curries and regions within the subcontinent are all unique and have a distinct flavour. The spices used are often endemic to the region.



Figure 11: Spices being sold at a market in India.

### Ethnic Groups from the Indian Subcontinent Migrate to the UK

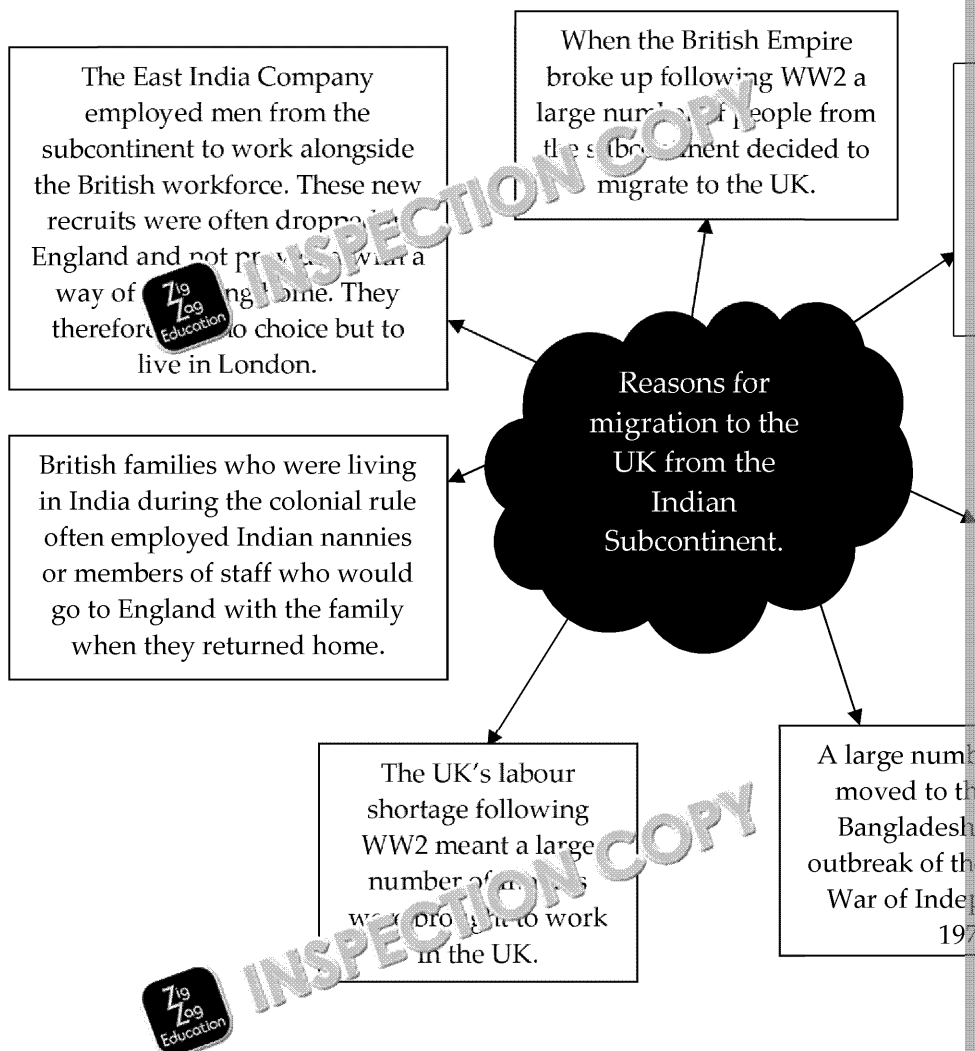
The next question that needs to be answered is why these ethnic groups came to the UK and how they brought their traditional cuisine with them.

There are many similarities between the UK and India, as the Indian subcontinent was part of the British Empire. British colonial rule over India between 1858 and 1947, a period known as the British Raj. India became a member of the Commonwealth Nations, further strengthening the Anglo-Indian ties.

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These historical ties have resulted in a number of more specific reasons for the Indian subcontinent to the UK:



## Curry in British Society and Culture

### *The Popularisation of Curry in Cultural Life in the UK*

In 1747 Hannah Glasse published a cookery book, 'The Art of Cookery' which prompted families to start cooking curries and trying more exotic flavours. This prompted families to start cooking curries and trying more exotic flavours. Those who had spent time in Asia during the colonial rule also attempted to recreate the dishes they had during their time abroad when they returned to the UK. Queen Victoria also contributed to the popularity of curry among the UK population as she employed Indian staff to cook her cuisine every day.

In 1809 the first curry house opened in an attempt to cater for the new interest in Indian food called Hindostanee Coffee House and was opened by Durrani Mahomed. Curry houses were set up alongside the normal menu of food. The opening of Hindostanee Coffee House was the first time solely dedicated to serving curry. The popularity of curry declined in the UK as Indian soldiers returned home after British rule on the subcontinent. Although the resistance passed and British rule on the Subcontinent continued largely unchallenged, the popularity of curry in the UK declined in the turn of the twentieth century as it became an unfashionable dish to eat.

However, the popularity of curry declined in the UK as Indian soldiers returned home after British rule on the subcontinent. Although the resistance passed and British rule on the Subcontinent continued largely unchallenged, the popularity of curry in the UK declined in the turn of the twentieth century as it became an unfashionable dish to eat.

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However, curry made a comeback throughout the twentieth century. Bangladeshi immigrants who had jumped ship or had been dropped in London with no way of returning home began opening cafes serving curry to cater mainly for other Asians living in London. These entrepreneurs began to take over old fish and chip shops, serving the food alongside fish, chips and pies. They would stay open late into the night in order to cater for the people leaving the pub – the post-pub curry became a custom that exists today.

Following the Second World War the UK population developed a desire to experience different cuisines, which is evidenced by a huge increase in the popularity of curry in the 1940s. It was the interest of the British population in the Indian cuisine that allowed it to expand.

It was these Bangladeshi soldiers-turned-caterers, and the people of Bangladesh during the Bangladeshi War of Independence, that have come to dominate the curry restaurants today.

### *The Adaptation of Curry*

However, the traditional curries of the Indian Subcontinent had to undergo adaptation to appeal to the tastes of the British public. A key difference between the curries served in India and the surrounding countries is the use of meat. Most Indians are vegetarian, and it is estimated that between 20% and 40% of the population are vegetarian. Chicken, lamb and prawn have come to replace the pulses that have been used in a large number of dishes.

The flavour has also adapted to the British taste, giving birth to the Chicken Curry and the Birmingham Balti. The Birmingham Balti was created by Bengali chefs as a lighter and produced quicker than the traditional version of the dish. Chicken Curry is a dish in itself, but the Masala sauce was created in the UK in order to satisfy the British palate for some kind of sauce or gravy with their meat.

Many British dishes have also appeared out of the popularity of curry in the UK. Chicken Tikka Masala was inspired by the Indian curry flavours and piccalilli emerged as an accompaniment.

### *Curry Embedded in Cultural Life in the UK*

A whole week every year has been dedicated to the Indian cuisine, in the form of Indian Week. Leicester and Bradford has been crowned the UK's Curry Capital. Robin Cook, the UK Prime Minister, also said: 'Chicken Tikka Masala is now a true British national dish, not only because it is so popular, but because it is a perfect illustration of the way Britain absorbs and adapts other cultures.'

Curry is now an incredibly popular dish in the UK, enjoyed in restaurants, homes and at social events. Curry has become a normal and integral part of society for many people. The element of the exotic has diminished somewhat and the Indian culture behind it is less remembered and celebrated.

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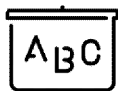
## Fact Table

Largest ethnic group in Britain after 'White-British':	Indian
Two most ethnically diverse regions in the UK:	London and the West Midlands
The local authorities with the largest Indian community:	Leicester in the East Midlands
What countries are a part of the Indian Subcontinent:	India, Bangladesh, Pakistan, the Maldives and Bhutan
The Tamil word that curry may have been derived from:	Kari
Three commonly used spices in curries:	Coriander, cumin, turmeric
The name of the British Rule on the Indian Subcontinent:	The British Raj
The period of British Rule of the Indian Subcontinent:	1858–1947
The effect of the East India Company on migration from the Indian Subcontinent to the UK:	The East India Company came to the Indian subcontinent and then did not have a way of returning home. Some of the soldiers and live in London.
The effect of the UK's labour shortage on migration from India to the UK:	Labour shortage following the loss of medical staff from India.
The effect of the British Empire on migration from the Indian Subcontinent to the UK:	<ul style="list-style-type: none"> <li>Families would emigrate during their time on the subcontinent and would return with them.</li> <li>British soldiers married during their time on the subcontinent, sometimes the wives would come to live in England.</li> <li>When the Empire broke up after the Second World War, many people migrated to the UK.</li> <li>The Bangladesh War led to a large number of people migrating to the UK from Bangladesh.</li> </ul>
The year the first Indian coffee shop opened:	1809
The nationality of the first owners of present day Indian restaurants:	Bangladeshi
Two 'British' curries:	Chicken Tikka Masala and Jalfrezi
Two British dishes that have emerged from the UK's interest in the Indian cuisine:	Piccalilli and Coronation Chicken

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## Key Terms

<b>Ethnic diversity</b>	Having a range of different people included regardless of race, religion or nationality.
<b>Ethnic minority</b>	A group of marginalised and poorly represented different religion or nationality to the majority.
<b>Segregation</b>	The separation of different groups within an area.
<b>Enclave</b>	When a group of people are surrounded by a different group due to factors such as religion, nationality, for example.
<b>Census data</b>	Statistics and figures relating to the population taken every 10 years by the government.
<b>Migration</b>	The movement of people as they relocate to a new area.
<b>Cultural life</b>	The customs or common practices of people influenced by tradition, history, the people they live with, for example.
<b>Indian subcontinent</b>	A region in South Asia consisting of India, Pakistan, Bangladesh, Sri Lanka, Bhutan, Nepal and the Maldives.
<b>Historical ties</b>	Longstanding links between two or more countries or regions due to past events.
<b>Anglo-Indian</b>	Refers to something that is relating to both British and Indian.
<b>British Raj</b>	The name of the British rule in the Indian subcontinent.
<b>Colonial rule</b>	The practice of a wealthy and powerful nation ruling over other territories.
<b>Commonwealth nations</b>	An organisation of independent countries. The members.
<b>British taste</b>	The preferences of the UK public.
<b>National dish</b>	A meal that is typical of the culture and taste of a country.

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## ICT Interactive Page

Rather than type out these w

### Interesting URLs

- ✎ <http://www.theguardian.com/news/1.1416196> interactive/2011/may/19/wales

Have a look at the map on this page to discover the variation in ethnic taking of the most and least diverse places.



### Videos

- ✎ <https://www.youtube.com/watch?v=D-mjocVpfqY>  
Have a watch of this video about the UK's Curry Capital. Take a note of the city, in terms of its social, cultural and economic influences.
- ✎ <https://www.youtube.com/watch?v=GBNxUKGxV0Y>  
This video outlines some key figures from the 2011 census, take a note of how ethnic diversity of the UK is changing.

### News Articles

- ✎ <http://www.telegraph.co.uk/food-and-drink/restaurants/britains-top-curry-houses/>  
Take a look at this article on the UK's top curry houses. See if you can find any evidence of an Anglo-Indian culture.
- ✎ <http://www.telegraph.co.uk/foodanddrink/12023623/Curry-houses-close-to-turns-back-on-the-kitchen.html>  
Have a read of this article, is the future of curry in the UK in danger?



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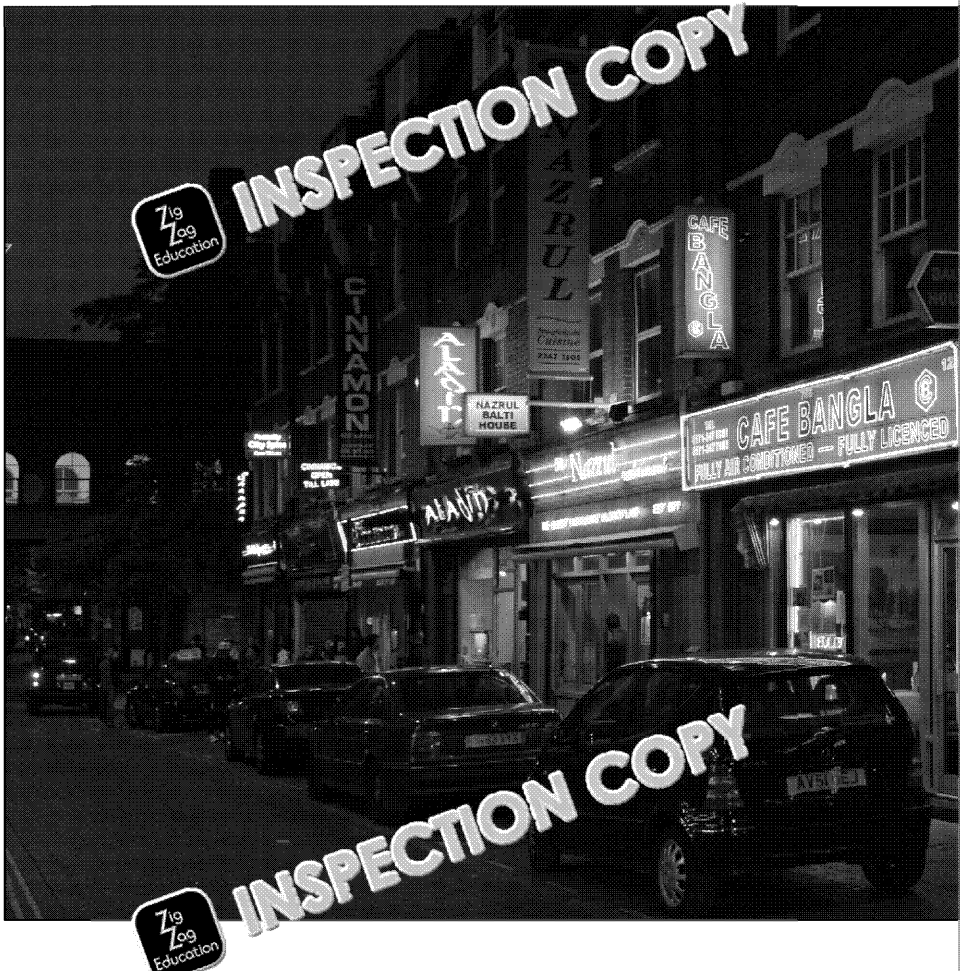
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## Springboards

### Springboard 1 – UK Curry Houses



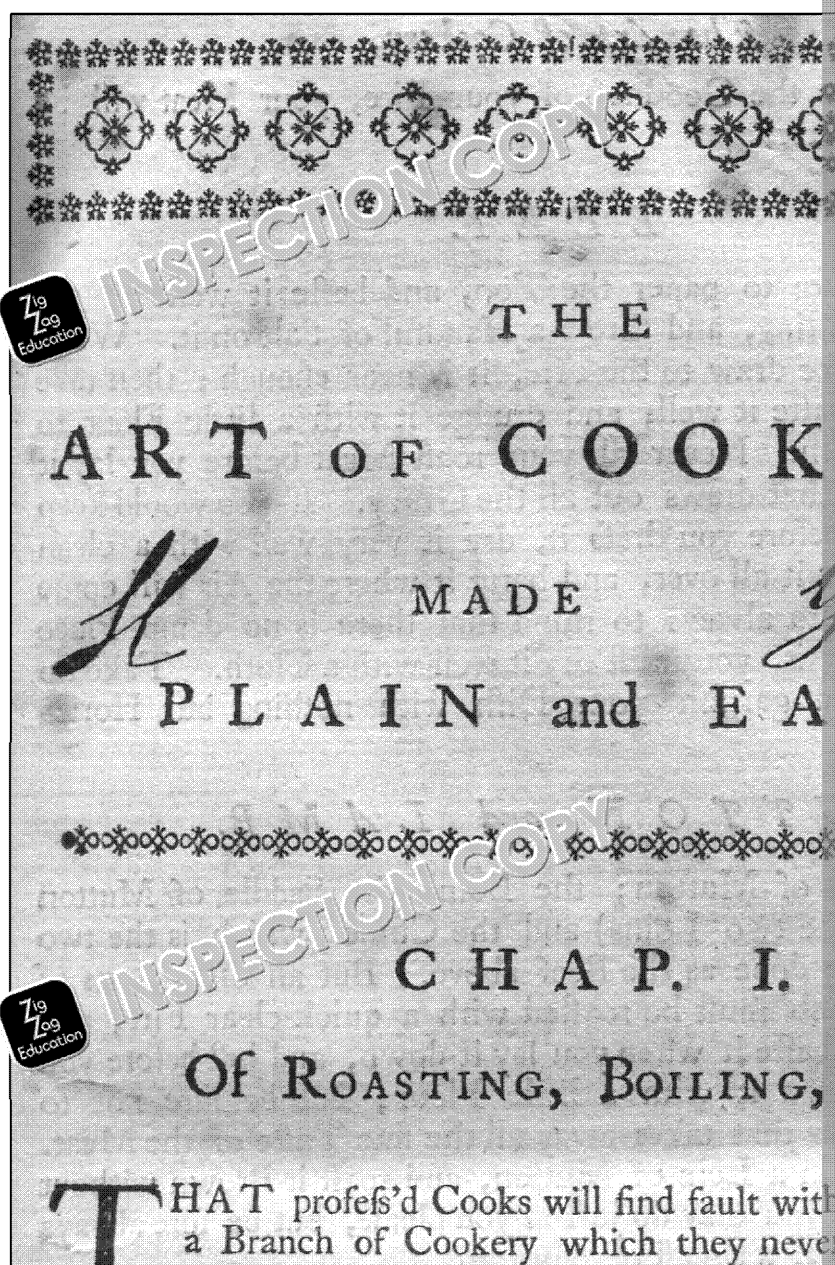
1. What British dishes have been inspired by the Indian cuisine?
2. When did the first curry house open and what was it called?
3. Discuss in a small group, or make bullet points, on how curry has affected British cuisine.

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1. This is the first page of a book, who wrote this book and when?
2. What is special about this book, in terms of the recipes it contains?
3. This book helped increase the popularity of curry in the eighteenth and other reasons contributed to the popularity of curry in this century?

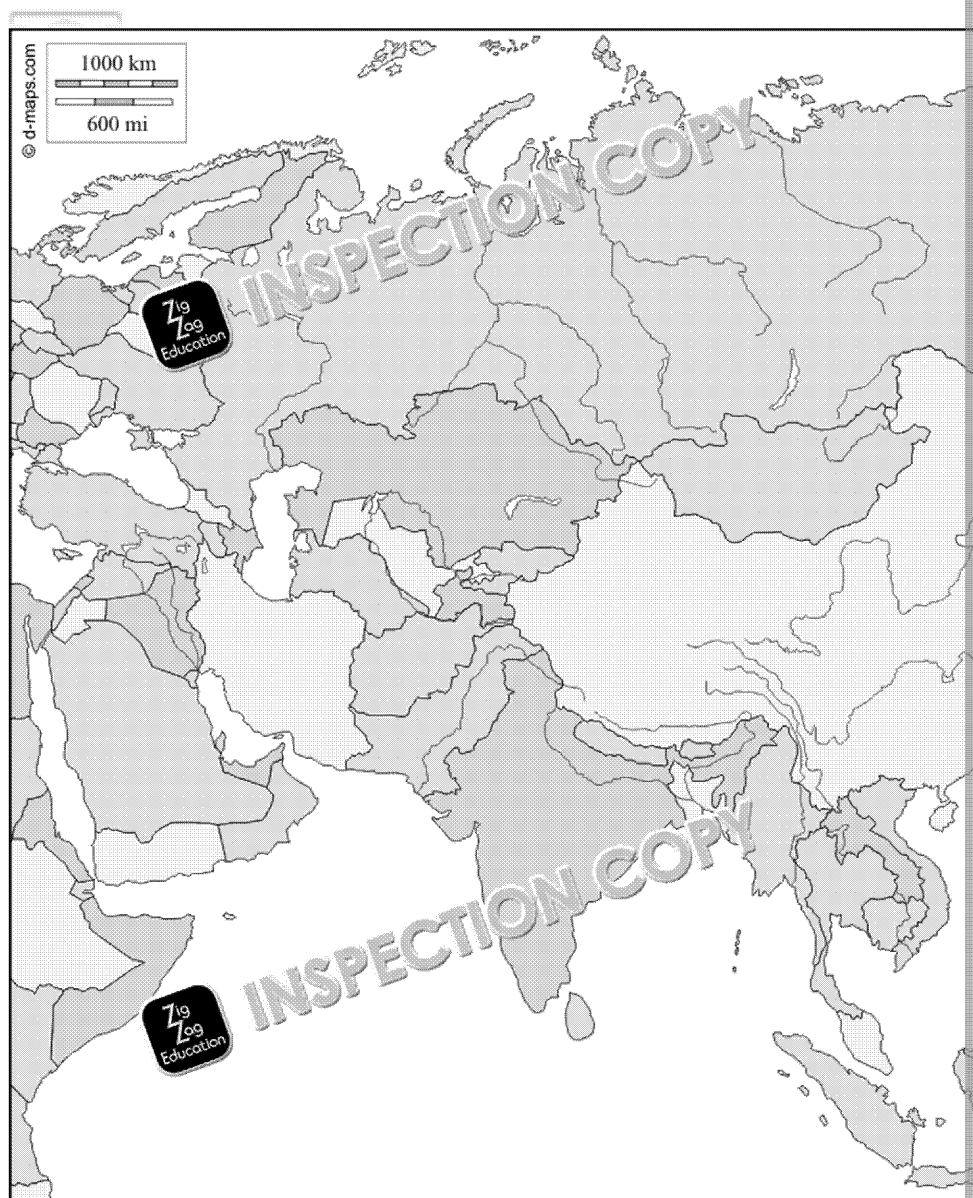
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### Springboard 3. The Indian Subcontinent



1. On the map, label India, Bangladesh, Sri Lanka and Pakistan.
2. What was the name for the British rule over the Indian Subcontinent?
3. Discuss in a group, or make bullet points, on why people migrated from the UK in the eighteenth, nineteenth and twentieth centuries.

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## Springboard Suggested Answers

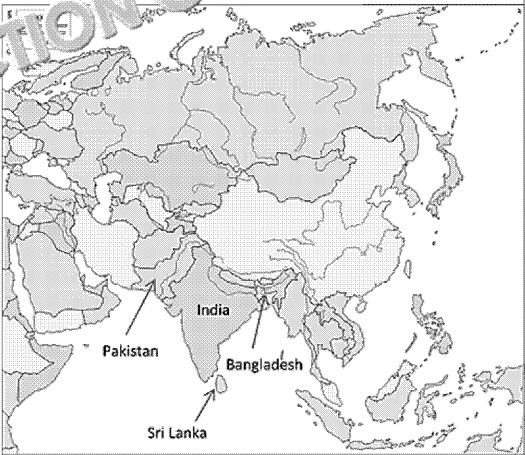
### Springboard 1 – UK Curry Houses:

1.	Piccalilli and Coronation Chicken.
2.	Hindustanee Coffee House opened in 1809.
3.	<p>Lots of people now have a post-pub curry that stemmed from the fact that Bangladeshis would keep their shops selling fish, chips and curry open to catch the trade from people leaving the pub.</p> <p>Going out for a curry at a curry house is now a social activity enjoyed by everyone in where and what they eat.</p> <p>There are a large number of curry houses across the UK.</p> <p>Bradford was crowned the UK curry capital 2015.</p> <p>People cook curries themselves at home; the variety of the UK diet is increasing.</p> <p>UK people are becoming increasingly interested in trying new and different foods.</p>

### Springboard 2 – The Art of Cookery:

1.	Hannah Glasse wrote this book in 1747.
2.	It contains the first curry recipe to be published in the UK.
3.	<p>Families who had spent time on the Indian subcontinent during the 18th century brought home and trying to recreate the dishes they had eaten on the subcontinent.</p> <p>Queen Victoria had Indian slaves who would cook Indian food for her.</p> <p>Curry became more fashionable.</p> <p>Some coffee houses were selling curry alongside more British dishes.</p>

### Springboard 3 – The Indian Subcontinent:

1.	
2.	The British Raj.
3.	<p>East India Company employed workers from the subcontinent and sent them back to London with no way of returning home.</p> <p>The break-up of the British Empire after the Second World War prompted many people to migrate from the Indian Subcontinent to the UK.</p> <p>British soldiers deployed from the subcontinent during the colonial rule.</p> <p>The children were sent to the UK to study and sometimes the wives followed.</p> <p>Following the Second World War there was a labour shortage; workers were brought over to the UK to boost the UK's workforce.</p> <p>Bangladesh War of Independence in 1971 displaced many people who came to the UK.</p> <p>When the NHS was established in 1948 Indian medical staff were brought to the UK as they had been trained in a British medical school that had been set up in India.</p> <p>Nannies and servants to British families who were living on the subcontinent during colonial rule would often move to UK with the family when they returned.</p>

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### Summary



#### Curry - The Contribution of Ethnic Groups to C

- The ethnic diversity of the UK is increasing and this is having an impact on the food that we eat.
- London and the West Midlands are the most ethnically diverse regions.
- The largest single identifiable ethnic group other than 'White-British' is Indian.
- One of the ways people with roots in the Indian subcontinent have influenced British food is through curry.
- Curry is a dish that is traditional to countries within the Indian Subcontinent. Rice, wheat and pulses have long been a staple in the diet of the population, and spices available in different regions across the subcontinent lends it its characteristic poignant flavours in the food.
- There were a number of reasons for the migration of people from the Indian subcontinent to the UK:
  - The East India Company employed men from the subcontinent. They were often in India for long periods and not provided with a way of returning home and so were eventually married to British families who were living in India during the colonial rule of India.
  - Members of staff who would go to England with the family when they were posted.
  - The UK's labour shortage following the Second World War and the establishment of the National Health Service meant many people from the Indian subcontinent came to work in the UK, including medical staff that had been trained in Britain.
  - British soldiers married native women when they were deployed overseas. The wives were then sent back to England to be educated. The wives were often encouraged to move as well.
  - Following the break-up of the British Empire a large number of people from the Indian subcontinent moved to England.
  - The Bangladesh War of Independence in 1971 displaced a huge number of people who then migrated to the UK.
- In the eighteenth and nineteenth century there was interest in the Indian cuisine. Curry was sold alongside British dishes and people were cooking curries at home.
- The first curry house opened in 1809 and was called Hindostanee Coffee House.
- The popularity of curry decreased from 1857 when Indian soldiers began to cook their own food on the subcontinent.
- The popularity of curry increased once again throughout the twentieth century.
- Bangladeshi ex-soldiers and those who had fled Bangladesh due to the war in 1971 came to the UK and have now come to dominate the curry trade, providing curry in the UK.
- Curries have changed in order to cater to British tastes; some new curries have been created, including the Chicken Tikka Masala and the Birmingham Balti.
- Curry has become an important and integrated part of cultural life in the UK. In 2001, the then Foreign Secretary, Robin Cook, said that Curry was the 'true British national dish'.
- Although curries in the UK have been adapted to cater for British tastes, they remain an ordinary part of the culture, the livelihood of its origins in the Indian subcontinent is remembered and celebrated.

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## Quick-fire Questions

1.	Is the UK becoming more or less ethnically diverse?	
2.	Where are the two most ethnically diverse regions in the UK?	
3.	What countries make up the Indian subcontinent?	
4.	What nationality are the people that own most Indian restaurants in the UK?	
5.	What are three of the most used spices in Indian curry?	
6.	What is the British Raj?	
7.	When did the British Raj end?	
8.	Who said that the Chicken Tikka Masala had become a British national dish?	
9.	How was the Birmingham Balti different to the traditional Balti?	
10.	Why did the NHS mean more people moved from the Indian subcontinent to the UK?	

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## Quick-fire Answers

1.	Is the UK becoming more or less ethnically diverse?	More
2.	Where are the two most ethnically diverse regions in the UK?	London and the West Midlands
3.	What countries make up the Indian subcontinent?	India, Pakistan, Sri Lanka, Bangladesh
4.	What nationality are the people that own most Indian restaurants in the UK?	Bangladeshi
5.	What are three of the most used spices in a curry?	Cumin, turmeric and coriander
6.	What is the British Raj?	The name for the period of British rule in India
7.	When was the British Raj?	Between 1858 and 1947
8.	Who said that the Chicken Tikka Masala had become a British national dish?	Robin Cook, the UK Foreign Secretary
9.	How was the Birmingham Balti different to the traditional Balti?	It is healthier, lighter and able to be prepared in a microwave
10.	Why did the NHS mean that people moved from the Indian subcontinent to the UK?	There were British medical centres set up in India and Pakistan. When the NHS was established in the UK hospitals and medical centres were closed.

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## Extension Questions

1. Curry and Indian cuisine was quite popular in the eighteenth and nineteenth centuries. However, by 1857, Indian food became less fashionable. What happened that meant Indian food became less fashionable?
2. What had made curry popular prior to 1857?
3. Where is it thought the word 'curry' comes from? Give two suggestions.
4. Why and how have the curries served in the UK changed from the traditional Indian subcontinent?
5. Give four pieces of evidence that show curry has become a part of culture in the UK.

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## Extension Answers

1. Indian soldiers began resisting British rule on the subcontinent.
2.
  - Queen Victoria employed Indian staff who cooked her Indian food daily.
  - Families who had spent time on the subcontinent during the colonial rule brought back Indian dishes when they returned home and.
  - Hannah Glasse published the first curry recipe.
  - Some coffee shops sold curry alongside their normal menu.
  - The first ever coffee shop opened in 1809, called Hindostanee Coffee House.
3.
  - The Tamil word 'Kari', meaning a thin, soup-like and lightly spiced sauce.
  - A British cookbook published in the 1390s used the word 'cury' to refer to it, derived from the French word 'cuire' which means to cook.
4. **Why:**
  - The tastes of the British public are not the same as the taste of the people where the dishes originated from.
  - The UK population is accustomed to having sauce or gravy with their meat, whereas Indian dishes are dry.
  - A large proportion of people on the subcontinent are vegetarian and people in the UK eat meat.**How:**
  - The Balti, for example, was recreated so it was lighter, healthier and faster to eat.
  - A masala sauce was added to the original dish of Chicken Tikka.
  - Chicken, lamb and prawns are used in a lot of dishes as opposed to pulses which were used in the original dishes.
5.
  - National Curry Week.
  - Birmingham is the UK Curry Capital 2015.
  - Robin Cook called the Chicken Tikka Masala a British national dish.
  - Curries are cooked at home by families as well as eaten in restaurants and cafes.
  - Indian restaurants can be found across the UK, with many towns and cities having a large number of restaurants to choose from.
  - Curry is not thought of as exotic or foreign.
  - While it is integrated into UK culture its background in the Indian subcontinent is celebrated.

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## Exam-style Questions



Explain how ethnic groups have come to shape cultural life in the UK.



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## Level Marking

Level	Mark	Description
1	1–2	<ul style="list-style-type: none"> <li>The student evidences basic knowledge of the AO1</li> <li>The student evidences limited understanding of the exist between places, environments and people</li> <li>The ideas expressed by the student are limited</li> <li>A named example is provided but place-specific details are missing</li> </ul>
2	3–4	<ul style="list-style-type: none"> <li>The student evidences some knowledge of the AO1</li> <li>The student evidences good understanding of the exist between places, environments and people</li> <li>The ideas expressed by the student are clear</li> <li>A named example is provided with some place-specific details</li> </ul>
3	5–6	<ul style="list-style-type: none"> <li>The student evidences thorough knowledge of the AO1</li> <li>The student evidences a firm understanding of the exist between places, environments and people</li> <li>Ideas expressed by the student are in-depth</li> <li>A named example and place-specific details are provided</li> </ul>

### Indicative Content:

- The student should explain how ethnic groups within the UK have contributed to the development of the UK, with reference to one of food, media or fashion.

### Suggested Content:

- The Indian Community is the second largest ethnic group in the UK, after the white population.
- Curry has become a very popular dish in the UK, having been introduced from the Indian subcontinent.
- Curry first began to be eaten by British families following the publication of a recipe book, 'The Art of Cookery'.
- In 1801, the first curry house opened by Dean Mohamed, it was called 'The Hindoostanee' and remained open until 1833.
- Throughout the twentieth century the popularity of curry grew as Bangladeshi immigrants who had become stranded in London began to set up curry houses and take over the existing ones.
- An increasing desire of the British population to try new and exotic flavours led to the Indian cuisine to expand.
- The Indian cuisine has been adapted, for example through the replacement of some ingredients with British ones.
- British dishes have been inspired by the curries brought from the Indian subcontinent, such as coronation chicken and piccalilli.
- Curry has become so integrated in British culture that there is now an estimated 15,000 curry houses in the UK. Chicken Tikka Masala has been named a British national dish.

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