

Rationing



Aim

- I can describe how people's diets were different during World War II and answer questions about the implementation of rationing.

Success Criteria

- I can say what foods were rationed during World War II.
- I can explain why rationing food was necessary.
- I can compare a wartime menu with a modern day menu.
- I can explain how everyday lives were affected by food rationing.

My Weekly Meal Plan



Write a menu plan to show what food you typically eat in a week.



Food, Food, Food



At the start of the war, Britain began to ration food. To ration something means to allow each person to only have a fixed amount of it.

Discuss the following questions

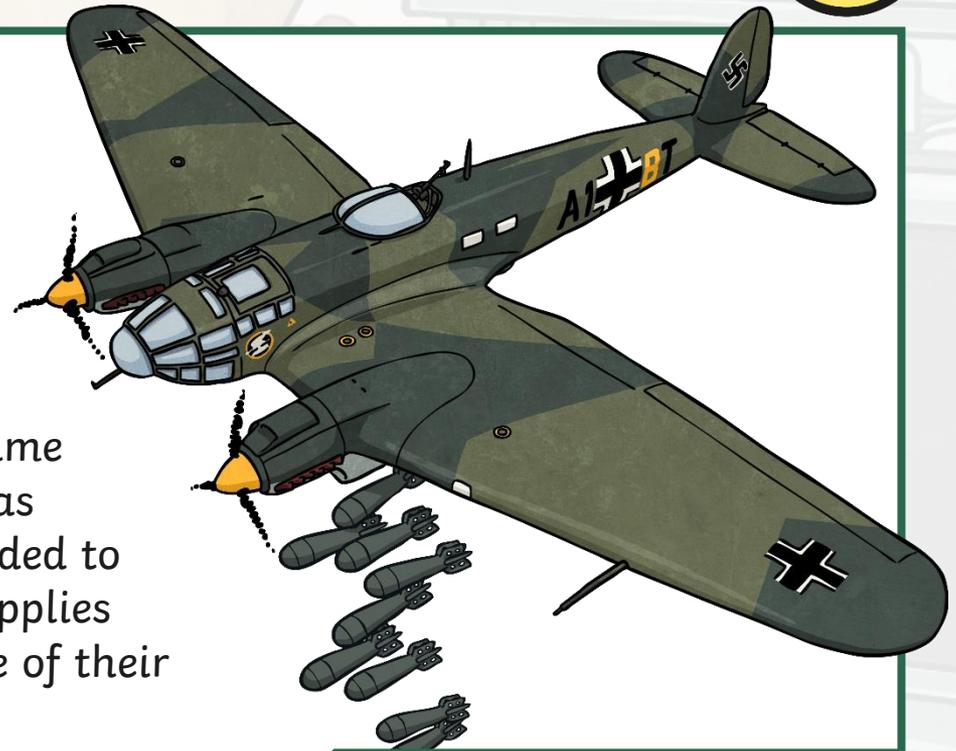
1. Why do you think it was necessary to ration food?
2. What foods do you think were rationed?
3. How do you think the rationing of food was organised?
4. How do you think everyday lives changed as a result of rationing?



Food, Food, Food



At the start of the war, Britain was importing more than two-thirds of its food from overseas. When supply ships coming into the country were targeted by German bombers and the possibility of invasion or isolation became a reality, it became necessary for Britain to conserve as much food as possible. People needed to become more creative with the supplies they had and began to grow more of their own food.



The rationing of food began in January 1940 and lasted until 1954, which was actually nine years after the war had ended.

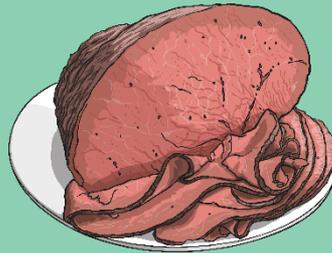
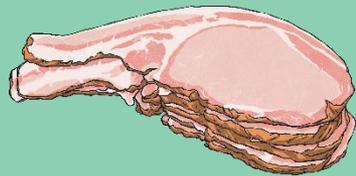
Why do you think rationing continued after the war?

Food, Food, Food

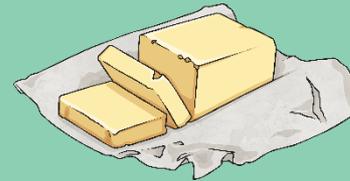


Look at the list of foods that does this sound like? How average do you think for a child for these foods for a week six weeks?

Bacon and ham: 115g



Jam: 115g



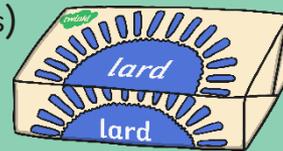
Butter: 55g



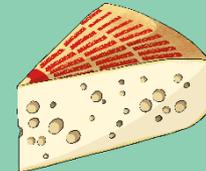
Margarine: 55g

Meat: 175g

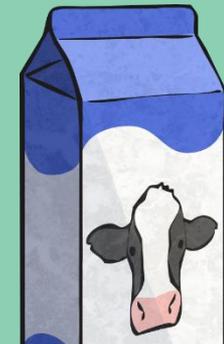
(adults got double this)



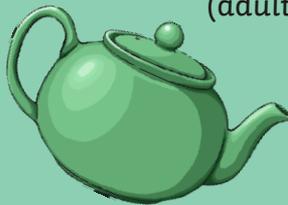
Cheese: 115g



Milk: 3 1/2 pints
plus equivalent of 1
pint of powdered milk
(and children got milk
at school)



Sugar: 225g



Tea: none

(adults got 50g)

Cooking Fat: 55g



Eggs: 3

(adults had 1) plus equivalent of 3
powdered eggs

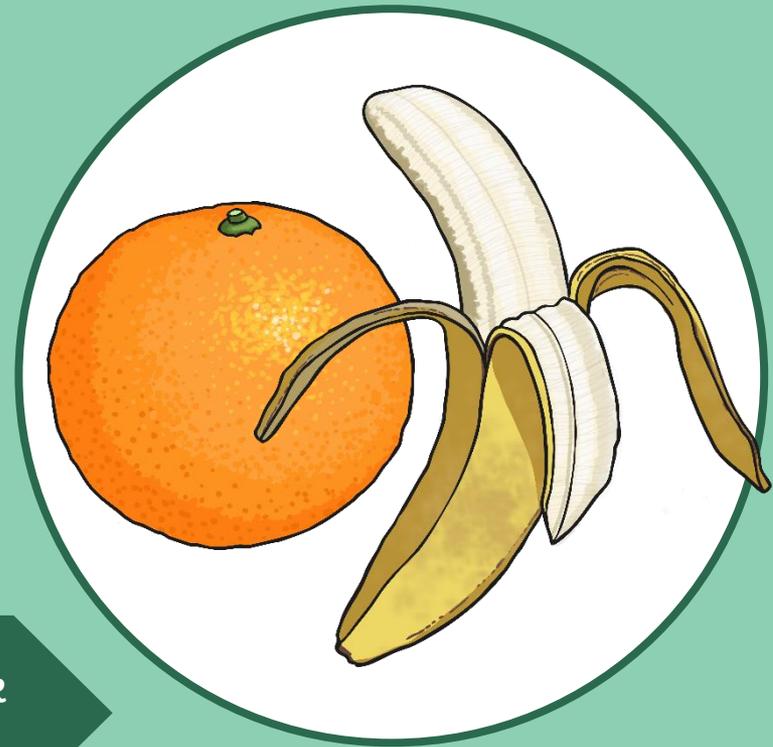


Sweets: 75g

Food, Food, Food



Although many foods were not officially rationed, they were in very short supply or simply not available. Some children grew up never seeing bananas or oranges for example, as these were imported from overseas. Some people sold or traded goods on the black market, which means to illegally trade goods that were in controlled or limited supply.



What foods or other goods do you think were in short supply? Why?

Food, Food, Food



The following foods were never rationed during the war:

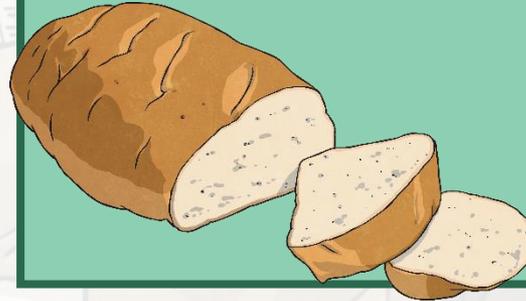
Fresh Fruit and Vegetables

Although they were not readily available.



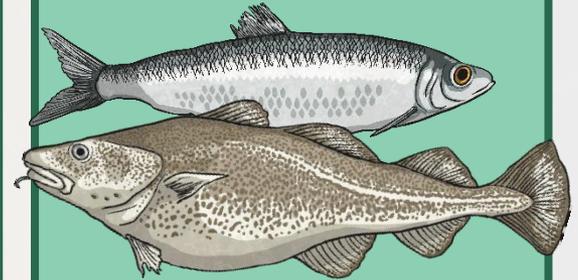
Bread

However, due to reduced importation of white flour, there was a 'national loaf' made with wholegrain flour, which many people said was like grey mush.



Fish

Although it was very expensive!



Some people also ate meat they could hunt themselves like rabbit or squirrel!

A 'Lend Lease' contract with America and Canada later in the war meant that the import of powdered milk and eggs and tinned meats, like corned beef and Spam, began.

Food, Food, Food



Look again at your weekly food menu.

How much of it would you have been able to eat during the war?

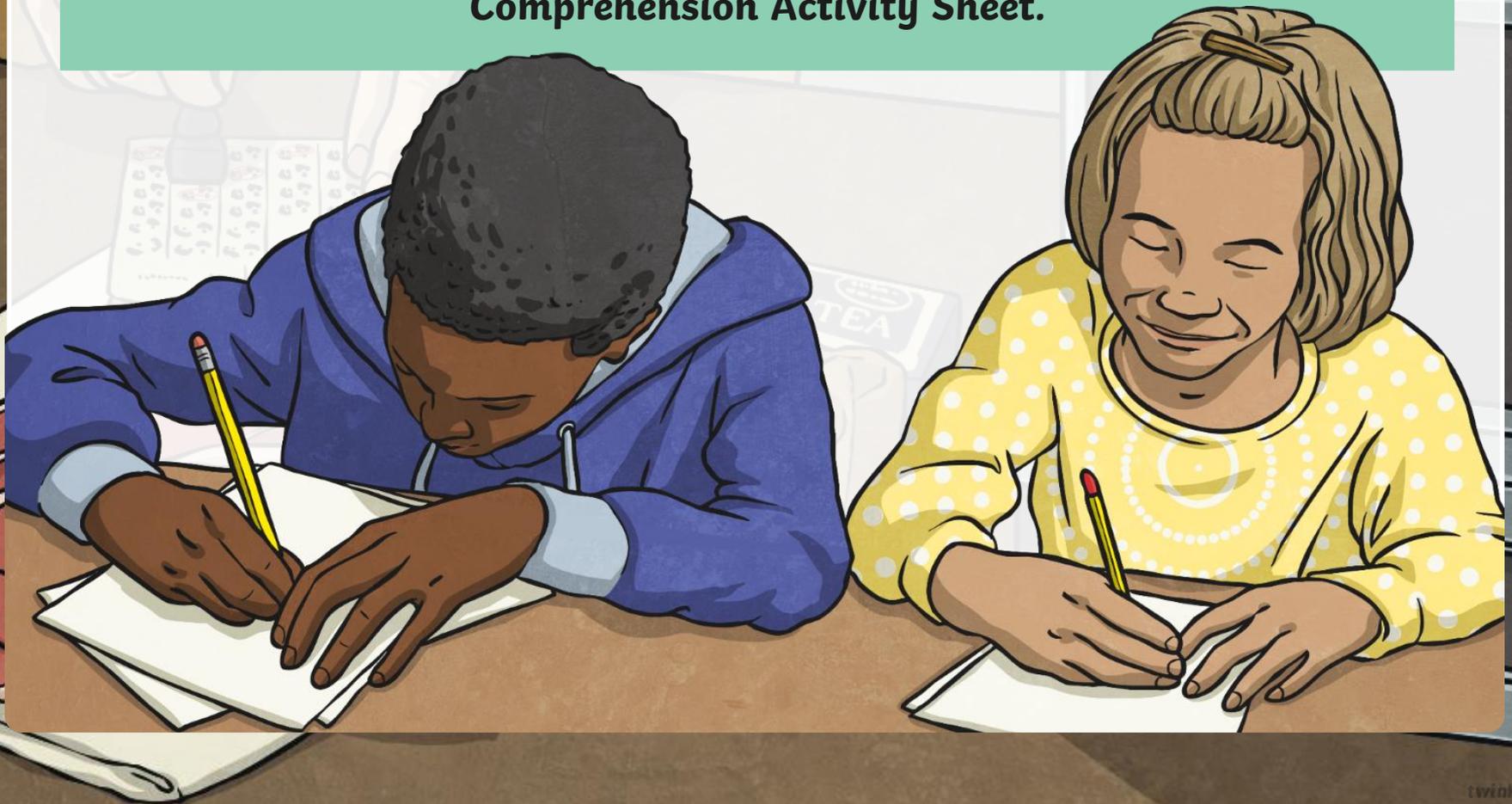
Now, write a second menu to show what you might have eaten during the war. You may need to do a bit of research to help you. To give you some ideas, have a look at the Twinkl Wartime Recipe Booklet [here](#).



Rationing Questions



Read the information about rationing during World War II then answer the comprehension questions on the **Rationing Comprehension Activity Sheet**.



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