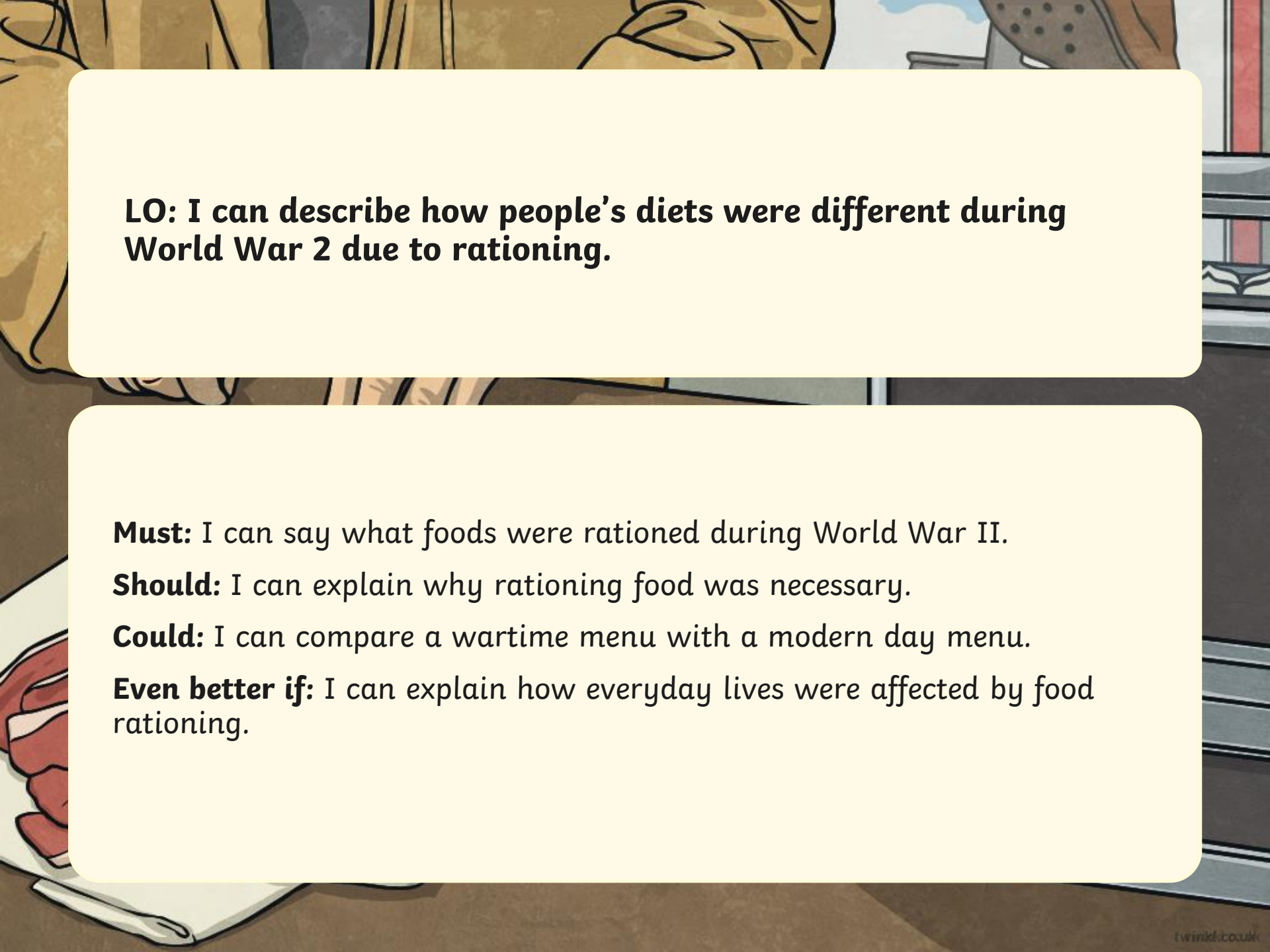




LO: I can describe how people's diets were different during World War 2 due to rationing.

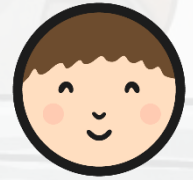
Must: I can say what foods were rationed during World War II.

Should: I can explain why rationing food was necessary.

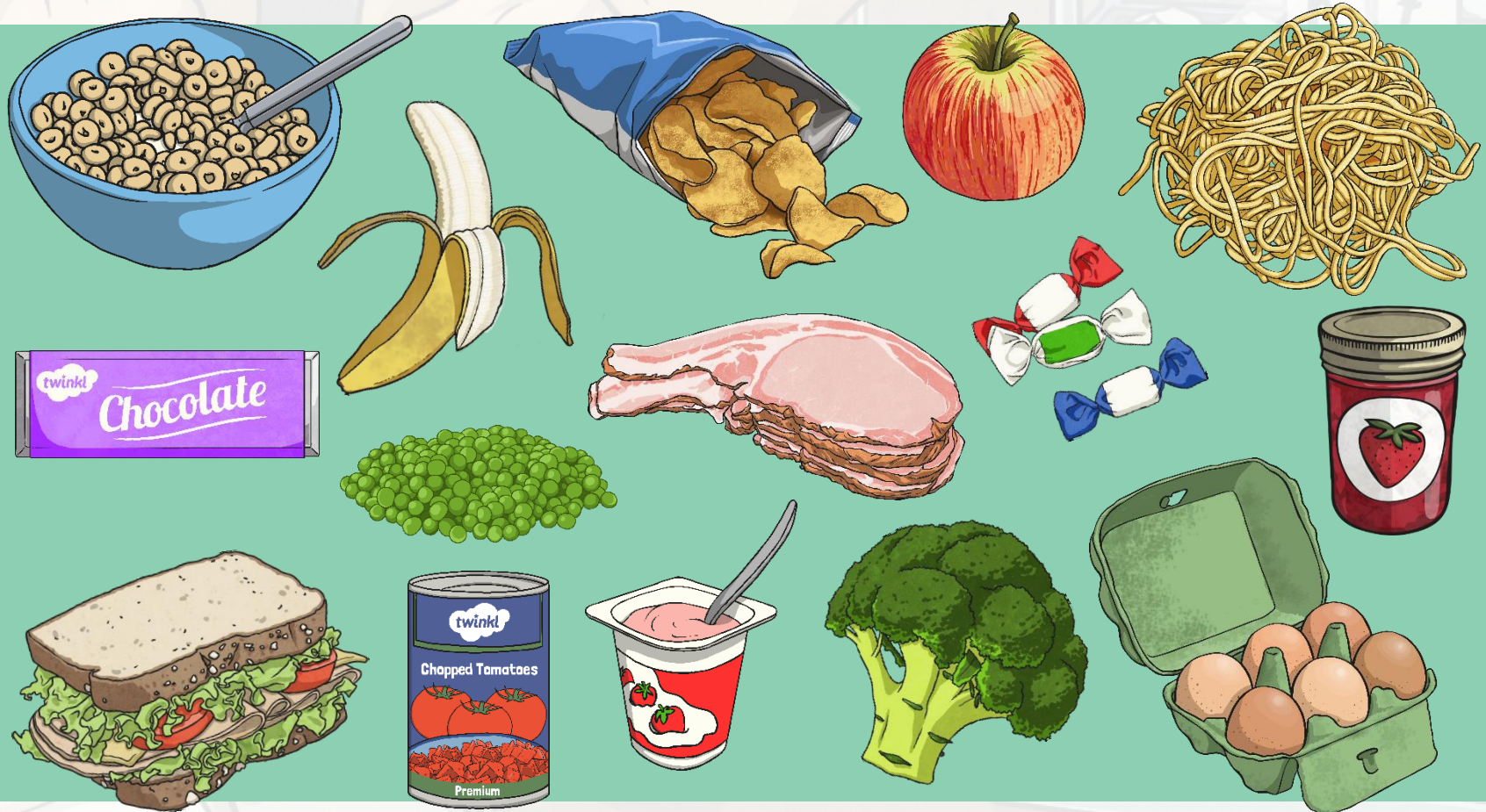
Could: I can compare a wartime menu with a modern day menu.

Even better if: 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 with the other members of your group:

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?

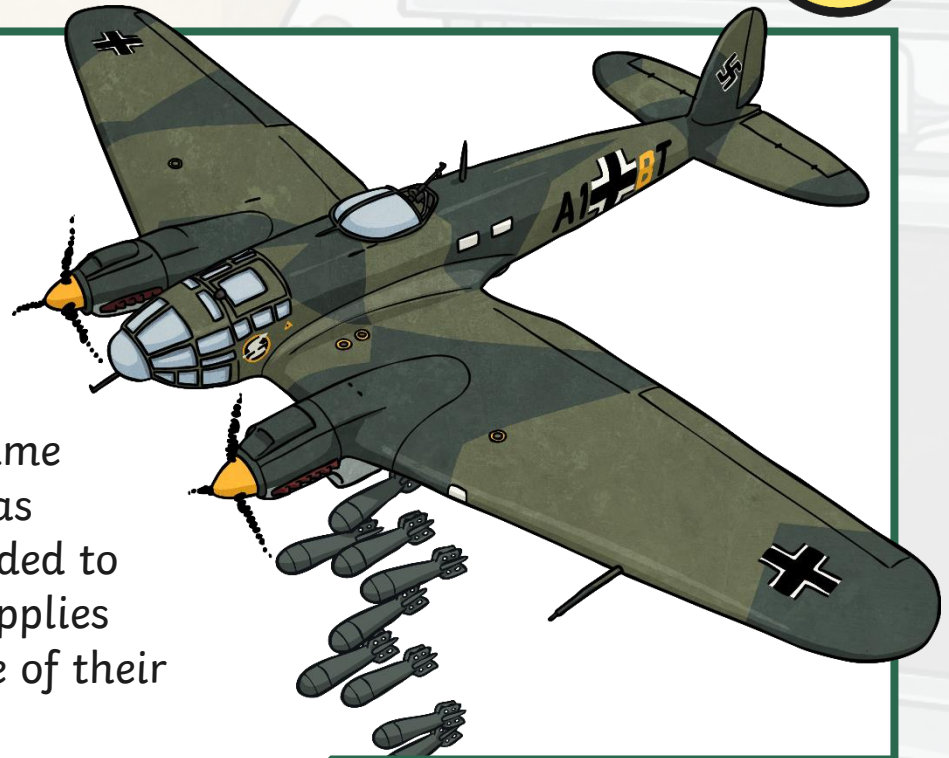


Food, Food, Food



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?

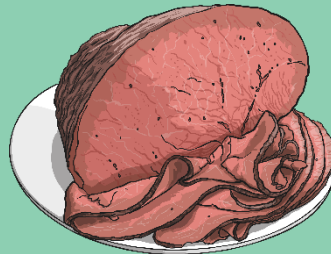
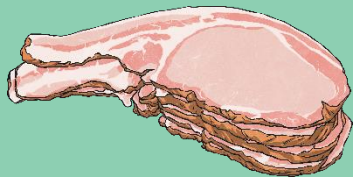
Look at the list of foods that were rationed during the war and the average allowances for a child between aged five and sixteen.



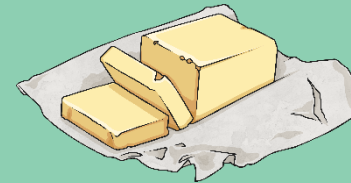
How does this sound?

How much do you think you eat of these foods each week nowadays?

Bacon and ham: 115g



Jam: 115g



Butter: 55g



Margarine: 55g

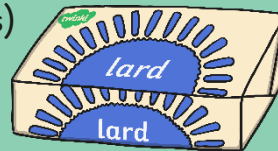


Sugar: 225g



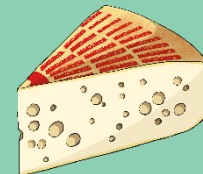
Tea: none
(adults got 50g)

Meat: 175g
(adults got double this)

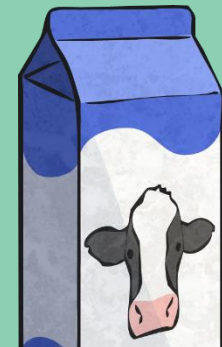


Cooking Fat: 55g

Cheese: 115g



Milk: 3 $\frac{1}{2}$ pints
plus equivalent of 1
pint of powdered milk
(and children got milk
at school)



Sweets: 75g



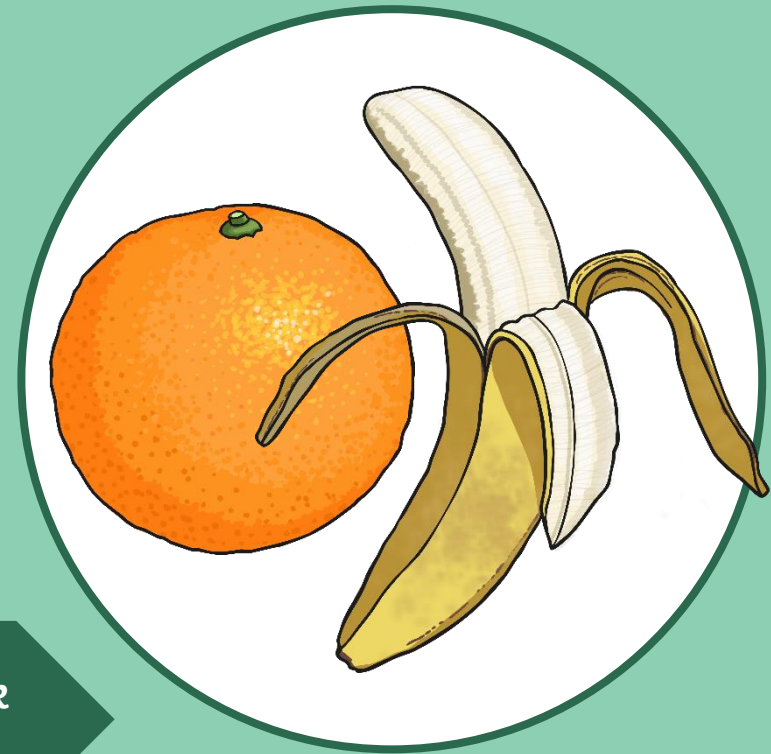
Eggs: 3

(adults had 1) plus equivalent of 3
powdered eggs

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:

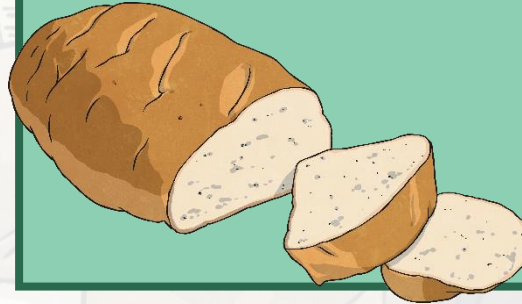
Fresh Fruit and Vegetables

Although they were not readily available.



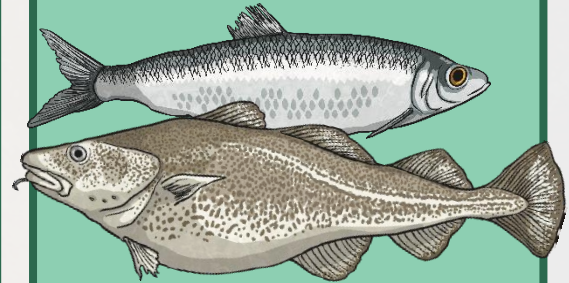
Bread

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](#).





Comparing Menus.

Examine your two weekly menus to answer these questions

Which menu do you think has the most variety?

Which menu do you think is healthier?

Which menu do you think has the most flavour?

Which menu do you think was more filling?

Which menu do you think had most snacks?

Which menu do you think has more processed or fast food?

Do you think shopping for food was easier or more difficult during the war?

Discuss these questions with your talk partner. Then read through the answers given by other children and see if you agree or disagree.

Comparing Menus



I think the wartime menu is healthier.

People did generally eat more healthily during the war. This was because portions were smaller and packaged foods could no longer be imported freely so people tended to eat a lot more fresh food. Often this included home-grown fruit and vegetables. The 'national loaf' contained wholegrain flour and was a healthier alternative to the white loaf that most people were used to.

Comparing Menus



I think wartime food was more varied.

There was generally less variety of foods available due to rationing, reduced importation and general shortages. However as people became more creative with the food supplies they had, they were able to create a fairly varied menu with their provisions. People also tried different foods that they may not have considered before the war, e.g. some Land Girls tried eating the rats they were told to hunt and kill!



Comparing Menus



I think food today is more flavoursome.

There is certainly more variety in the foods available today and a wide variety of flavours can be enjoyed every mealtime.

Arguably, however, home-grown food during wartime would be eaten when it was at its freshest and therefore tastiest. Some supermarket foods today can be sat on shelves for weeks losing their flavour before they are eaten.

Comparing Menus



I think food portions today are smaller than they were during the war.

For most people, this is quite unlikely. During the war, there was less food available and portions were generally a lot smaller than today.



Comparing Menus



I think people ate more snacks during the war.

Again, this is quite unlikely. During the war, there was less food available, which meant snacks were limited too. The snacks that people did eat changed too, e.g. some children ate carrots sticks instead of ice cream.

Comparing Menus



I think most meals during the war were prepared from scratch.

For most people, this was absolutely the case. Packaged and tinned foods were in very short supply and high demand so people had to create the majority of their meals from scratch using fresh ingredients.



Comparing Menus



I don't think there was any fast food during the war.

Fast food (as we know it today) was pretty much non-existent before and during the war. The only real fast food came from the chippy, which was only usually open at the weekend. During the war, fish and chips were not rationed so people could still enjoy the odd takeaway!

Comparing Menus



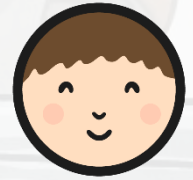
I think it was easy to do a weekly shop during the war.

Shopping for food was considerably more difficult during the war. Although people had allocated food rations, shops often sold out of items. Also, you could not go to just one shop to buy what you needed like we can today.

For bread you had to visit the baker; for meat the butcher; for fruit and vegetables the greengrocer, etc. Therefore, shopping took a lot longer.

During the war, long queues often formed outside shops that had taken stock of a particular item. Some people reported waiting for hours in queues only to be told when they reached the front that the item they required had just sold out!





Plenary.

You want to make a birthday cake for a friend, but sugar, butter and margarine are rationed!

Propose a way we might alter the recipe with other ingredients!

Victoria Sponge cake Ingredients

- 4 free-range [eggs](#)
- 225g/8oz [caster sugar](#), plus a little extra for dusting the finished cake
- 225g/8oz [self-raising flour](#)
- 2 tsp [baking powder](#)
- 225g/8oz butter at room temperature, plus a little extra to grease the tins

To serve

- good-quality strawberry or [raspberry jam](#)
- whipped [double cream](#) (optional)