

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.

RATIONING

My Weekly Meal Plan



What food do you typically eat in a week? What different food groups and where does this food come from?



TASK: Create a menu of your favourite meals.

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?

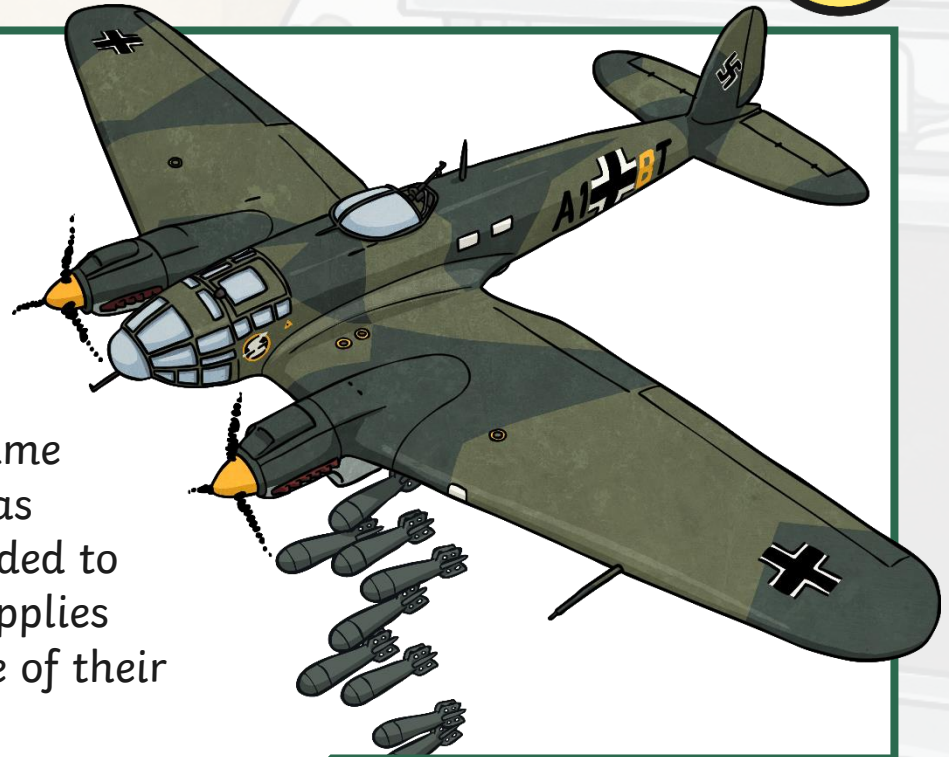


Food, Food, Food



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.



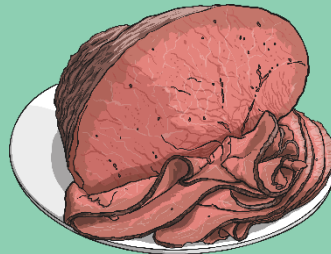
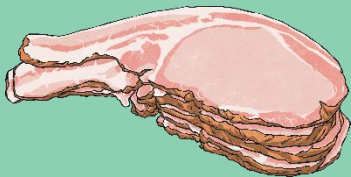
Why do you think rationing continued after the war?

Food, Food, Food

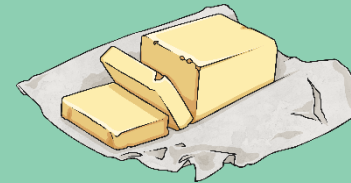


Look at the list of foods that were rationed during the war and the average allowances for a child between aged five and sixteen.

Bacon and ham: 115g



Jam: 115g



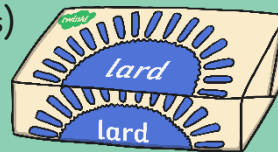
Butter: 55g



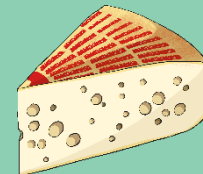
Margarine: 55g

Meat: 175g

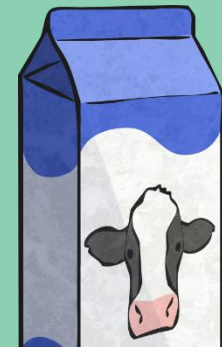
(adults got double this)



Cheese: 115g



Milk: 3 $\frac{1}{2}$ 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

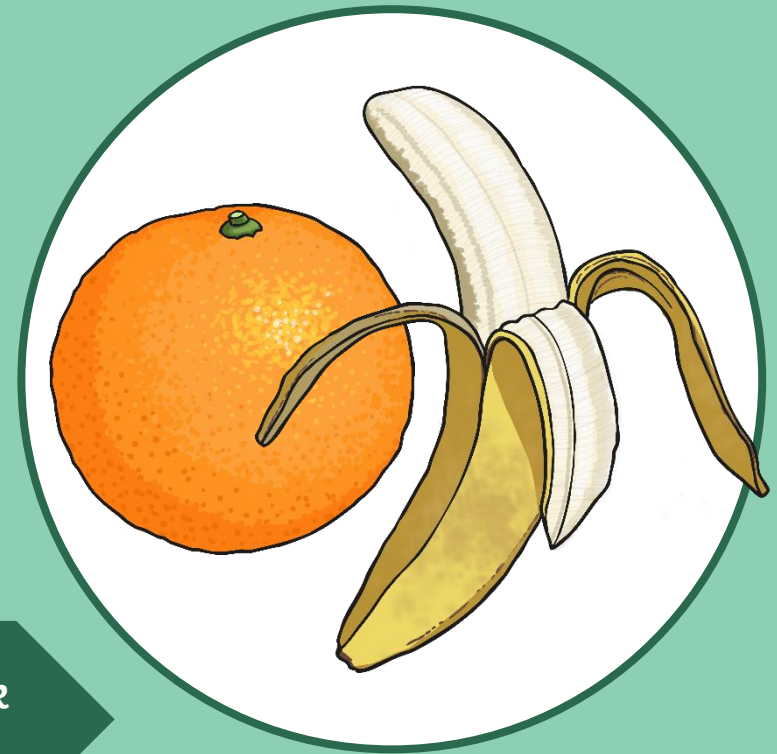
How does this sound?

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

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:

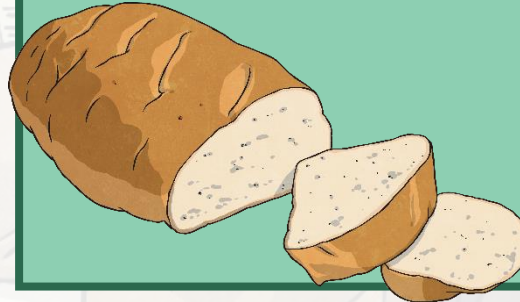
Fresh Fruit and Vegetables

Although they were not readily available.



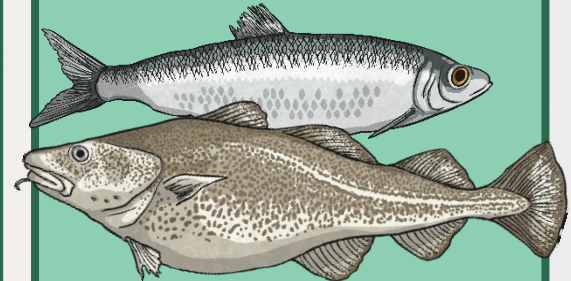
Bread

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



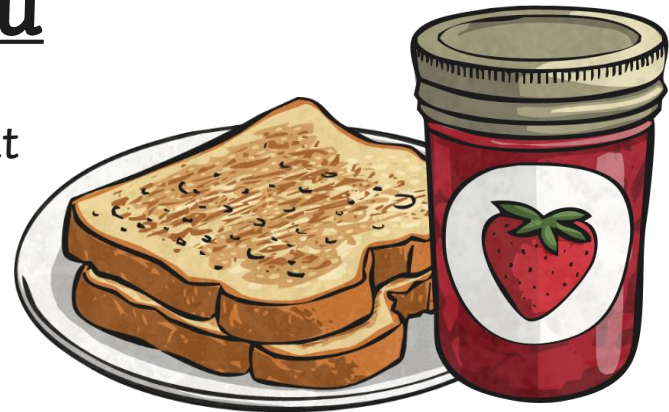
Look again at your weekly food menu.

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.

Don't forget that some people grew their own vegetables and kept animals for slaughter/dairy...



TASK: Create a WW2 menu using your ration.

Comparing Menus



Look at the two menu plans you have written.

How are they similar?

How are they different?



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



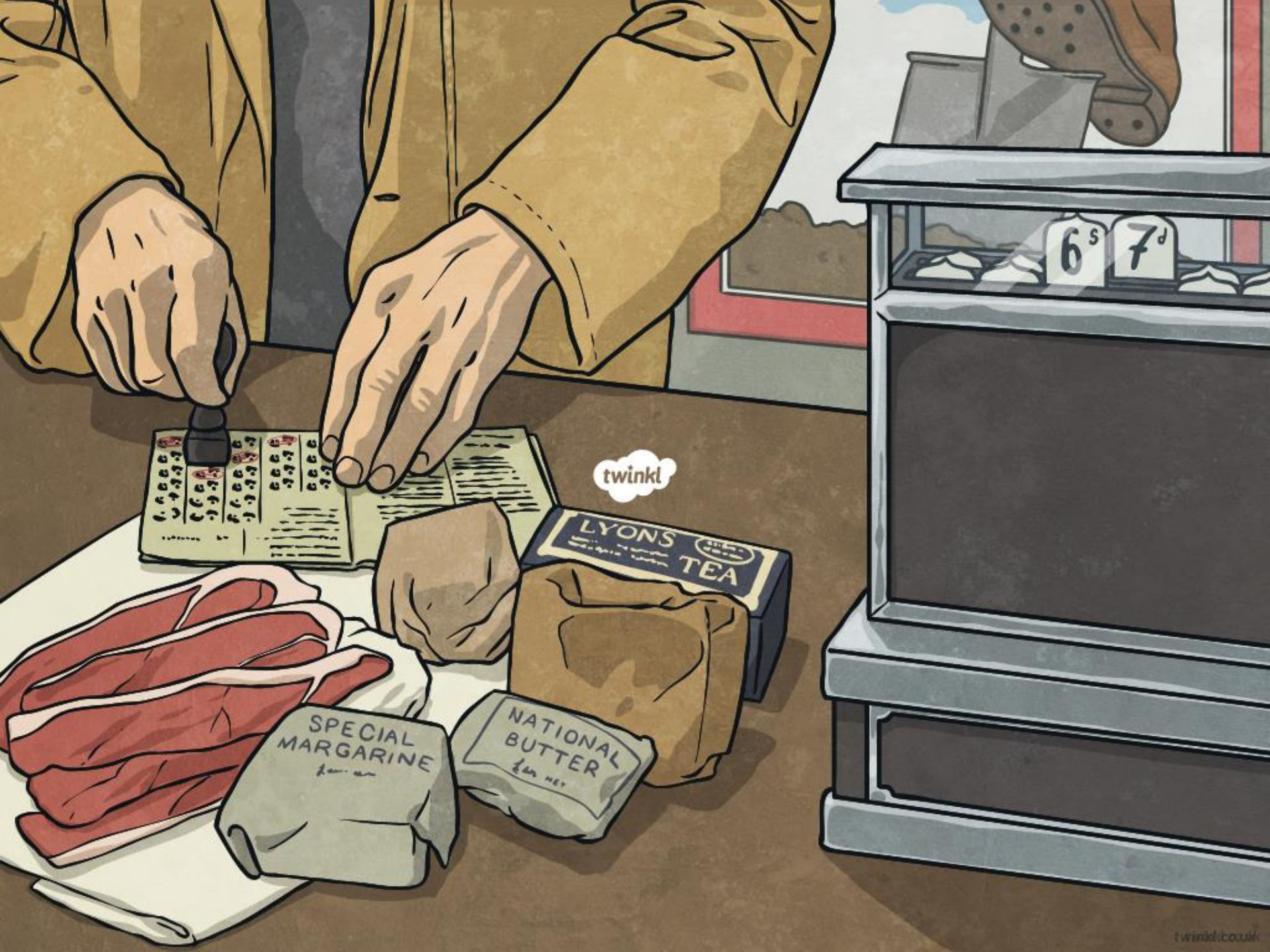
I think it was easy to do a weekly shop during the war.

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!





twinkl

SPECIAL
MARGARINE

NATIONAL
BUTTER

LYONS
TEA

6^s

7^d