

Food Glorious Food
KS3
Tuesday - Humanities

Rationing

You may have noticed that it is difficult to get hold of some foods at the shops at the moment. This is because people are worried about being stuck inside and unable to go to the shops.

However, 80 years ago it was also very difficult to get hold of food. This was during World War 2 and at this time it was difficult to get food from abroad because of the war.

To make it fair for everyone in the 1940s the government introduced rationing. This meant that each person could only get certain foods each week and you had to use special coupons or vouchers when you went shopping to show that you were allowed to buy it.

For example, each person was only allowed 1 egg a week and 56 grams of butter - that's much less than a pack of butter from the supermarket. But everyone was encouraged to grow vegetables and eat a lot of these as they were not rationed.

Watch the following video on rationing.

https://www.youtube.com/watch?v=-Al_4qCnh3Q

Here is a week ration for 1 adult. A child's ration (up to the age of 16) was half an adult ration.

3 pints of milk

8oz Sugar

2oz Tea

2oz Butter

4oz Margarine

3oz Lard

3oz Cheese

4oz Bacon

Meat. To the value of 1s. 2d.

(6p today)

2oz Sweets

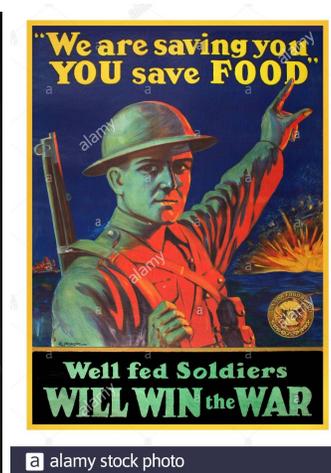
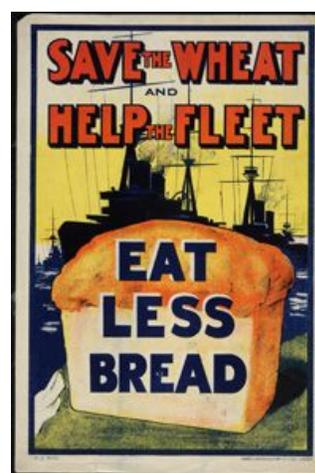
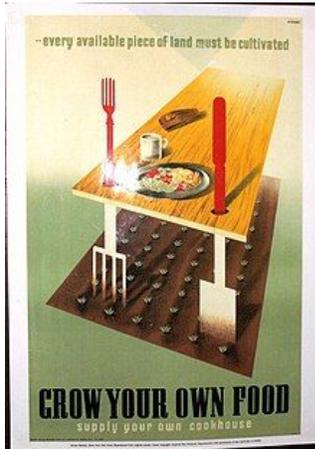
2oz Jam

1 Egg

Bread and seasonal vegetables were not rationed.

Work out how much food you would have in your family for the week. Research what vegetables and fruit are seasonal at this time of year in Britain. Can you write out your weekly wartime menu?

Fruit and vegetables were not rationed and people were encouraged to grow their own vegetables. Have a look at these posters.



For each poster write out:

1. What images are presented in the poster?
2. What is the slogan of the poster?
3. Who is the target audience?
4. What is the message of the poster?
5. How do the pictures and slogan support the message of the poster. Use specific information from the poster and infer why these have been used. You may consider how it is persuasive.