

Food Glorious Food
KS2
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.

Look at the food below. Can you work out where we imported these foods from in the 1940s?



_____ Spain _____

Sometimes these products are still imported today. 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.

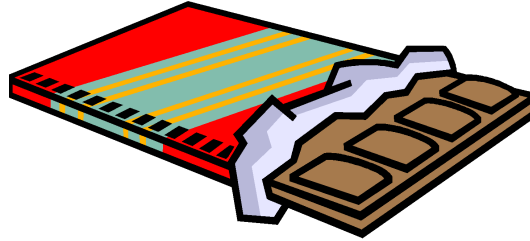
For example, each person was only allowed 1 egg a week and 56 grams of butter - that's much less than a pack of butter from the supermarket. But everyone was encouraged to grow vegetables and eat a lot of these as they were not rationed.

Watch the following video on rationing.

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

Look at the wartime recipes on the next page and answer the following questions.

Sweet Potato Chocolate Spread

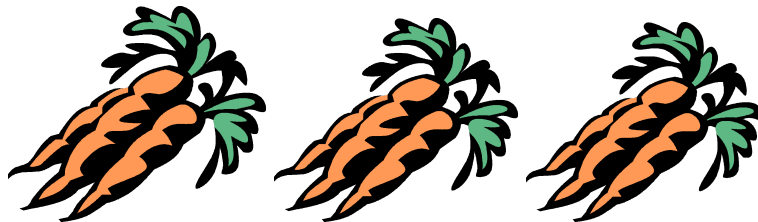


2 tablespoons of mashed potato
1 tablespoon of cocoa
1 tablespoon sugar
Almond or vanilla flavoring

Mash the potato thoroughly. Mix in the cocoa, sugar and flavoring. Use as a spread instead of Jam.

You can boil and mash parsnips, add sugar and use to make a mock banana sandwich.

Carrot Jam



8 oz peeled carrots
1 lb sliced cooking apples
 $\frac{1}{4}$ pint water
1 lb of sugar (per pint of mixture)

Cook the carrots in a little water. Cook the apples with a little water until a smooth pulp. Mix the carrots and apples together. Measure the mixture and add 1 lb of sugar for each pint of mixture. Tip it all back into the saucepan, stir until the sugar has dissolved, then boil until stiffened. This never becomes as firm as real fruit jam.

1. How would you use these two types of food?
2. What is unusual about the ingredients in the chocolate spread recipe?
3. What is unusual about the Jam recipe?
4. What is different about the jam from normal fruit jams?
5. How do you make mock banana mash?
6. Do you think you would like these foods? Why or why not?
7. What do you think it was like to have food rationed?

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



1. What do these posters have in common?
2. What messages are the posters trying to convey?
3. In the third picture why have the characters been made from vegetables?
4. What is the slogan in the second poster? What does this tell you?
5. What does the picture show in the first poster? Why is this important?
6. Create your own poster encouraging people to grow their own vegetables in times of rationing. Remember to include a slogan and pictures.