

Food Glorious Food
KS1
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.

Many people learned to cook interesting meals and to make substitutions for food they could not get.

What ingredients usually go into a cake?

On the next page is a wartime recipe for chocolate cake. It does not use eggs or real chocolate (only cocoa powder) as these were difficult to get. If you can get the ingredients, why not try making it?

Wacky Cake

Ingredients

7 oz. self raising flour
8 oz. granulated sugar
1 level teaspoon bicarbonate of soda
½ level teaspoon salt
3 tablespoons cocoa
1 tablespoon vinegar
5 oz. butter
¼ pint tepid water
1 teaspoon vanilla essence

Method

1. Melt the butter
2. Warm up the oven.
3. Sift the flour, soda, salt, cocoa and sugar into an ungreased baking tin (suggested size 11" by 8").
4. With a wooden spoon mix the ingredients together well.
5. Make three large holes in the dry ingredients. Into the first hole put vanilla essence. In the second hole put the vinegar and in the third hole put the melted butter (this hole may need to be bigger than the others).
6. Pour tepid water over all the ingredients and mix thoroughly in the tin, stirring round and round until the mixture is smooth and well blended.
7. Bake in moderate oven, 350F/ 180C / Gas 4 for half an hour until well risen.
8. Do not turn out of the tin but cut into squares as needed.
9. Best served warm.

You can serve this with a chocolate sauce or custard. (My nan used to serve this with chocolate blancmange - when it is warm before setting)