



Rations

This is how much food one adult was allowed for one week in 1941

- 1 Egg
- Jam 2 oz (56g)
- Meat 8oz (224g)
- Bacon 4oz (112g)
- Tea 2oz (56g)
- Butter 2oz (56g)
- Margarine or lard 6oz (168g)
- Milk 3 pints (1.8l)
- Sugar 8oz
- Cheese 1-2oz (28-56g)

a) Why do you think people were allowed so much sugar and fat?

Menus

In the space below, write down a menu for a typical day in your own country. Compare it to a British wartime menu.

My country today

Breakfast

Midday Meal

Evening Meal

Britain 1941

Breakfast

Porridge (with syrup no milk)
Cup of tea with no sugar

Midday Meal

Jam sandwiches
Carrot biscuit
Apple

Evening Meal

Liver
One sausage
Potatoes
Carrots

Suet pudding



HMS BELFAST



a) Which menu do you prefer (like best)?

b) Why?

c) Which food would you have missed the most if you had been living in wartime Britain?

d) Has your country ever had rationing?

e) Why not try designing a poster encouraging people, either to grow their own vegetables, or not to waste food. Use the wartime posters below to help you.

