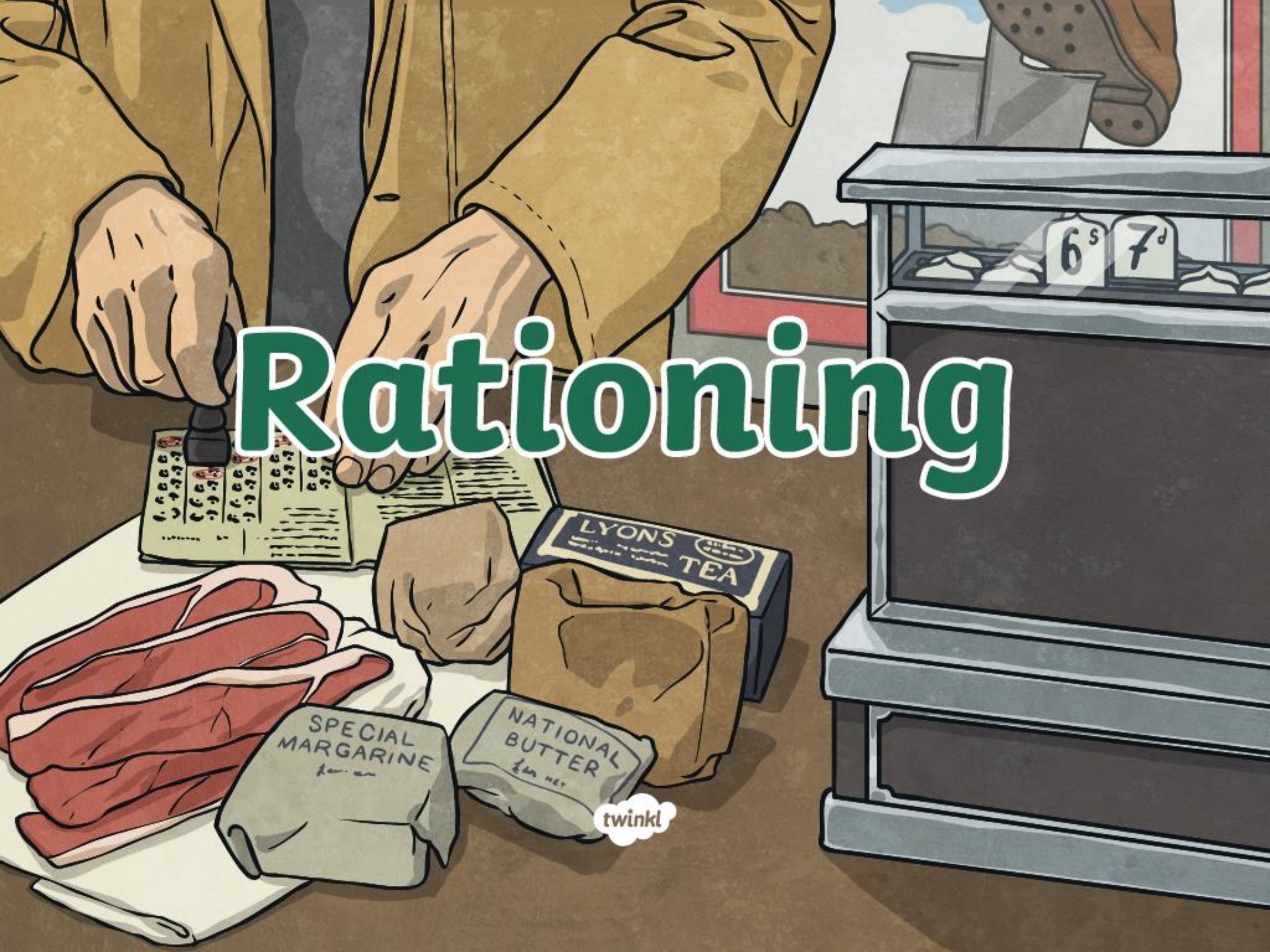


Rationing



Learning Objective

I am learning about rationing during World War II.

Success Criteria

- I can say what foods were rationed during World War II.
- I can explain why rationing food was necessary.
- I can explain how everyday lives were affected by food rationing.

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.

Think about the following:

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?

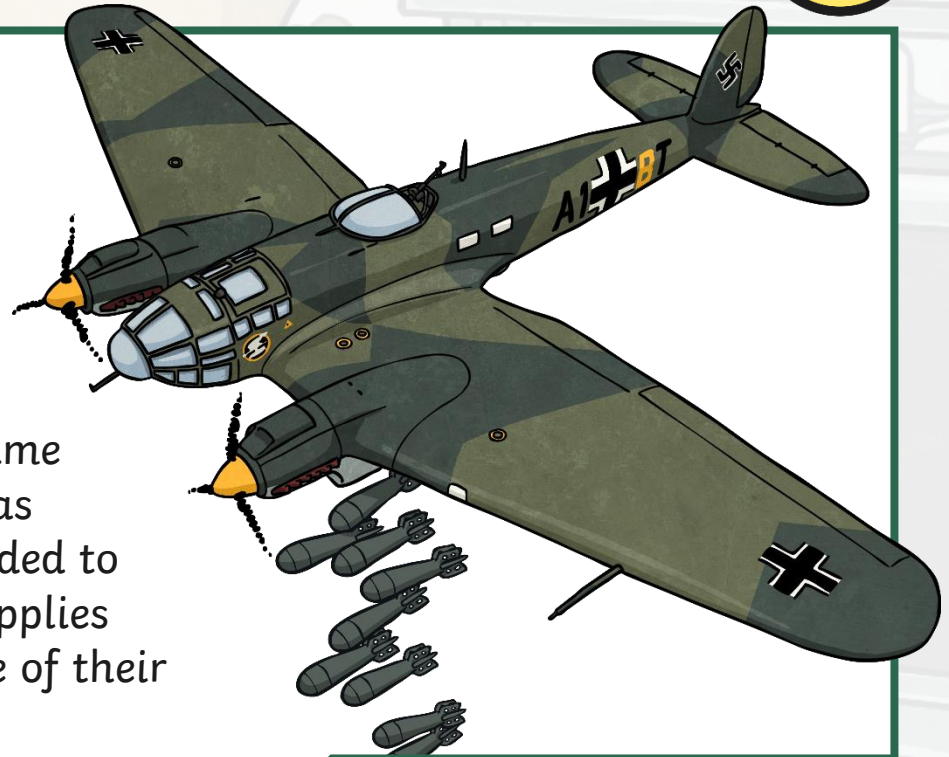


Food, Food, Food



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.



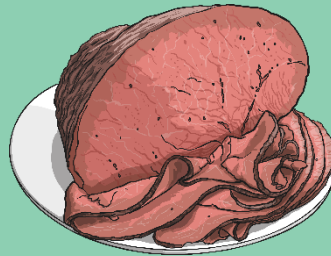
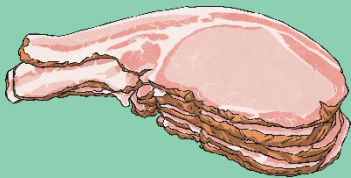
Why do you think rationing continued after the war?

Food, Food, Food

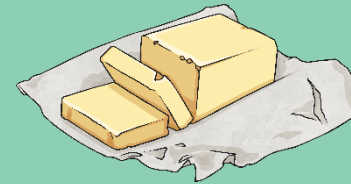


Look at the list of foods that were rationed during the war and the average allowances for a child between aged five and sixteen. How does this compare to now?

Bacon and ham: 115g



Jam: 115g



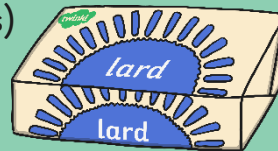
Butter: 55g



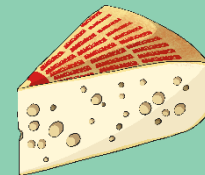
Margarine: 55g

Meat: 175g

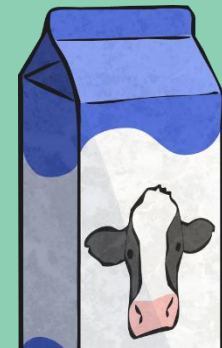
(adults got double this)



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

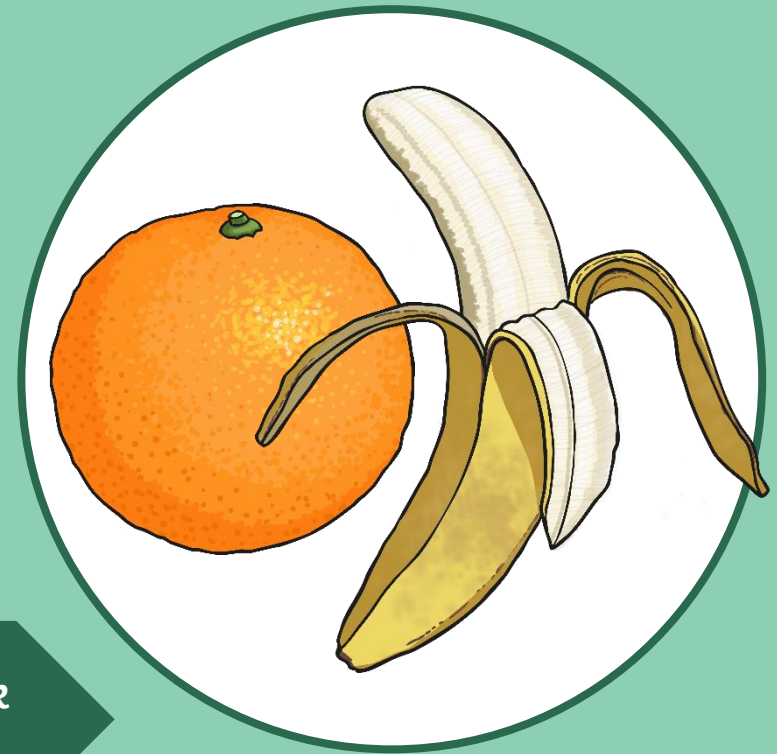


Sweets: 75g

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:

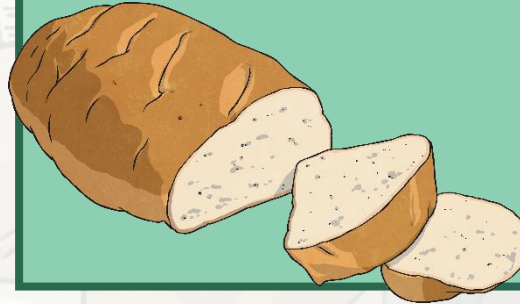
Fresh Fruit and Vegetables

Although they were not readily available.



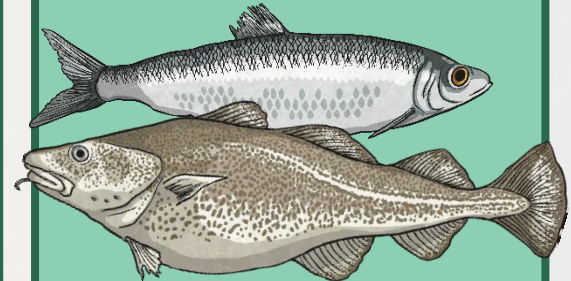
Bread

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.

Understanding Rationing

Now add to the L (what have I learnt) part of the KWL grid

Is there anything else you'd like to know? Add to the W part of your KWL grid and do some research yourself to find out the answers to these questions and then add to the L part of your grid again!

