



## THE SECOND WORLD WAR EXPERIENCE CENTRE

### EDUCATION: THE HOME FRONT

<b>Food and Rationing – What did people eat during the war.</b>		
<b>Pupil Objectives</b>	<b>Activities</b>	<b>Pupil outcomes</b>
<p>Children should learn:</p> <ol style="list-style-type: none"><li>1. Why rationing was necessary.</li><li>2. About the impact of rationing on the way of life in Britain in the Second World War.</li><li>3. Using a range of resources including ICT.</li></ol>	<ol style="list-style-type: none"><li>1. <b>Identification of the reasons why food was in short supply.</b> Pupils could:<ol style="list-style-type: none"><li>a. List the places where a family would go to buy food and household products without going to the supermarket.</li><li>b. Imagine how families might provide food to celebrate special occasions (such as Christmas, birthdays, VE or VJ Days).</li></ol></li><li>2. <b>Ways of supplementing food</b> Pupils could:<ol style="list-style-type: none"><li>a. Write a poem encouraging people to try different meals.</li><li>b. Plan what food to grow in an allotment or back garden.</li></ol></li><li>3. <b>Rationing of food.</b> Pupils could:<ol style="list-style-type: none"><li>a. Investigate what types of food were available under rationing and suggest a series of meals using the food available.</li><li>b. Devise a points system for different groups of people in the community and suggest who should be given which rare commodities.</li></ol></li><li>4. <b>Nutritional information.</b> Pupils could:<ol style="list-style-type: none"><li>a. Make a direct comparison of wartime meals with the types of meals that children eat today.</li><li>b. Find the nutritional value for both wartime and present day meals. Work out which groups of people in wartime society might have benefited from rationing.</li></ol></li></ol>	<p>Pupils should:</p> <ol style="list-style-type: none"><li>1. Understand the causes of rationing.</li><li>2. Identify similarities and differences between foods available during the war and today.</li><li>3. Begin to select and combine information from different sources to develop an understanding of the impact of rationing on the people of Britain.</li></ol>