



FOOD AND RATIONING: WORKSHEET ONE

Why Did Britain Need To Ration Food During The Second World War?

Just like today Britain during the Second World War needed food from all over the world. Therefore attacks on supply ships resulted in food shortages. The German Navy used U-boat submarines to sink hundreds of supply ships during the Second World War.

The British government responded by introducing rationing to ensure that food was shared out fairly. Ration books were produced for every person in the country to be used at the shops. These told you exactly what each person was entitled to. Later on in the war people were awarded a certain number of points per week that they could exchange for the foodstuffs that they wanted. Some types of food such as bananas and lemons disappeared from the shops altogether.

1. Explain how food shortages in Britain might have benefited the German war effort?
2. Produce a list of wartime food that you think Britain would need to import.
3. The German Navy found it quite easy to sink the ships carrying food. Can you think of any reasons why and what could have been done to give more protection to the supply ships?
4. The items in the table below were goods you were allowed each week with your ration book. Bread and potatoes were also available.

4oz of bacon	12oz of minced beef	2oz of cooking fat
2oz of butter	2 pints of milk	8oz of sugar
2oz of margarine	2oz of tea or coffee	1 fresh egg
4oz of jam	2oz of cheese	2 oz of sweets

- a) See how many meals you can create from the ration above.
5. Suggest reasons why people who lived in the countryside were sometimes better fed than those who lived in the cities.



LEEWW:2003.2008.2.1 Wartime Newspaper Recipe for Stuffed Heart.



FOOD AND RATIONING: WORKSHEET TWO

Was Rationing a Good Thing?

Whilst some foods during the Second World War remained fairly easy to get, such as bread and potatoes, others disappeared almost completely e.g. bananas. When a grocer managed to obtain a banana towards the end of the war he hung it on a piece of string in the window so every body could see it. People got very excited about just having the chance to smell it!

Other foods had new ingredients added to make up for those that were now scarce or missing. For example sausage had to be made with less meat and more grain and water. Unfortunately these new sausages had a habit of exploding when cooked and became known as ‘bangers.’

Below is a typical wartime menu for one boy using a week’s ration. This boy had porridge for breakfast each morning and bread and jam for tea each evening.

Copy out the table below and fill the last column with the details of the meals that you might have today in a typical week.

Day	Second World War Meals	Last weeks meals
Sunday	Lamb or beef with potatoes.	
Monday	Cold lamb or beef with potatoes.	
Tuesday	Lamb or beef stewed with dumplings	
Wednesday	Sausage or liver	
Thursday	Stuffed heart	
Friday	Mashed potatoes with half a boiled egg	
Saturday	Fish and chips!	

1. What do you think are the advantages and disadvantages for each of the two menus.
2. The Government tried different methods to encourage people to try different foods and meals. Can you think of some slogans that might work, perhaps for the new type of sausage?
3. One slogan the Government introduced was ‘Dig for Victory.’ What do you think the slogan means? Design a poster with the slogan to show what the Government was suggesting.
4. Can you think how the three booklets to the right were designed to help people during the Second World War?

