





















## Rationing Task 1

Which of these foods would have been available during WWII?

First, put a cross through all the foods that **wouldn't** have been available during WWII.

Then, circle the all the foods that **would** have been rationed in pen.

Next, circle all of the foods that **wouldn't** have been rationed in pencil .

 <b>powdered eggs</b>	 <b>crisps</b>	 <b>onions</b>	 <b>flour</b>
 <b>cheese</b>	 <b>tea</b>	 <b>ice-cream</b>	 <b>bacon</b>
 <b>sugar</b>	 <b>apples</b>	 <b>beef</b>	 <b>pizza</b>
 <b>butter</b>	 <b>bread</b>	 <b>cauliflower</b>	 <b>oranges</b>
 <b>milk</b>	 <b>jam</b>	 <b>sweets</b>	 <b>eggs</b>

## Rationing Task 2

Read the fact sheet then have a go at answering the true or false questions

### Rationing - The Facts

#### A trip to the shops

In the 1940s there were no big supermarkets like there are today. People had to go to different shops to get different foods.

- \* A greengrocer sold fruit and vegetables
- \* A baker sold bread and cakes
- \* A fishmonger sold fish
- \* A butcher sold meat



When rationing started, you had to choose one supplier to get your food from. After that, you couldn't change shops.

#### Ration books

Different groups of people had different ration books. Most adults had a beige book. Pregnant women, new mothers and children under 5 had green books. Children had blue books. If you had a green or blue book you were first in line for milk and fruit.



#### British farmers

Because most of the food from Britain was usually brought in from other countries, British farmers had to work hard to produce more crops than usual to keep food supplies up.



#### Clothes rationing

It wasn't only food that was rationed. Clothes were rationed too. This was because there was a shortage of material and because clothes factories were busy making things like parachutes for the army. People were given clothes ration books with coupons inside. There were enough coupons for one new outfit a year. People were encouraged to 'make do and mend'.



#### What else was rationed?

Petrol, paper, washing powder and soap were also rationed, amongst other things. For example, you were allowed one bar of soap per month.



#### Did you know...

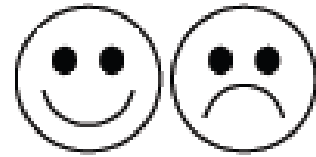
...that during the war there were no bananas in Britain? Small children didn't know what a banana looked like until after the war was over.  
...that vegetarians could change their meat coupons for other foods?



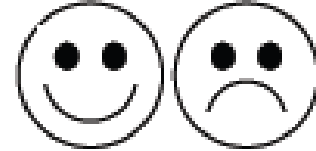


Are these questions about rationing true or false?  
Colour the smiley face for true and the sad face for false.

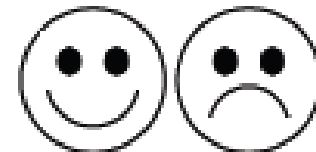
During World War II, people bought their bread at a greengrocers.



You had to register with one supplier. Once you were registered, you couldn't change shops.



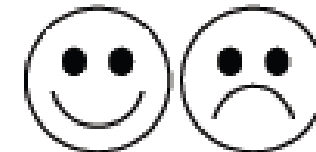
Pregnant women had a blue ration book.



British farmers had to work harder to make up for the lack of food from other countries.



Clothes were rationed because the clothes factory owners were busy making things for the army.



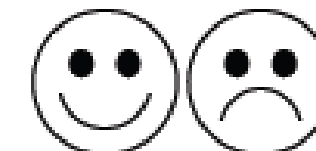
People had enough clothes coupons to buy one new outfit per week.



Petrol wasn't rationed.



Vegetarians were able to change their meat coupons for other foods.



Explain what the positives and negatives of rationing were in your own words.