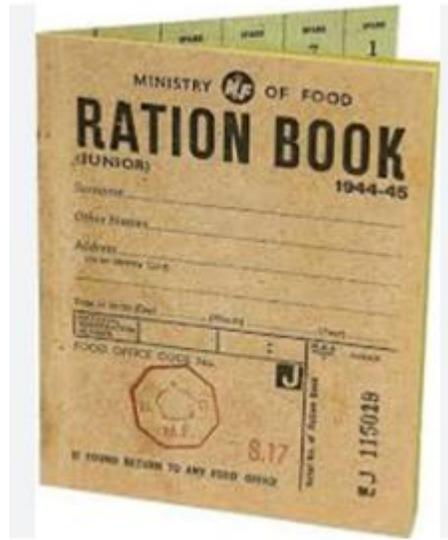




Rationing meant that each person was only allowed a fixed amount of foods. Ration books were issued, with coupons that showed people how much of each item they were allowed. Shopkeepers would remove or stamp the coupons when they were used. People were also encouraged to **‘Dig for Victory’** and grow as much of their own food as possible. Petrol, soap, clothing and timber were also in short supply. Clothing ration books were issued and people were encouraged to **‘make do and mend’**.



Through studying the impact of Rationing in WWII, we will be comparing cookie recipes from the past to present day. This will allow us to identify the sugar content due to sugar being an ingredient that was a luxury during WWII. As well as studying food rationing, we will highlight the importance of ‘make do and mend’. Children will become creative in making adaptations to their own clothes!

What should I already know?

Food

- To know that seasons may affect the food available.
- To know that recipes can be adapted to change appearance, tastes, texture and aroma.

What will I know by the end of this term?

Food

- To understand how food is processed into ingredients that can be eaten or used in cooking.
- To understand that food and drink contain different substances – nutrients, water and fibre that are needed for health (looking at labels).



Keep those hands clean!