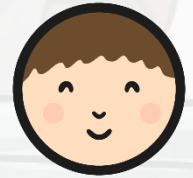


Rationing



My Weekly Meal Plan



Write a menu plan to show what food you typically eat in a week.



My Weekly Meal Plan

I can create a meal plan to show the foods I typically eat in a week.

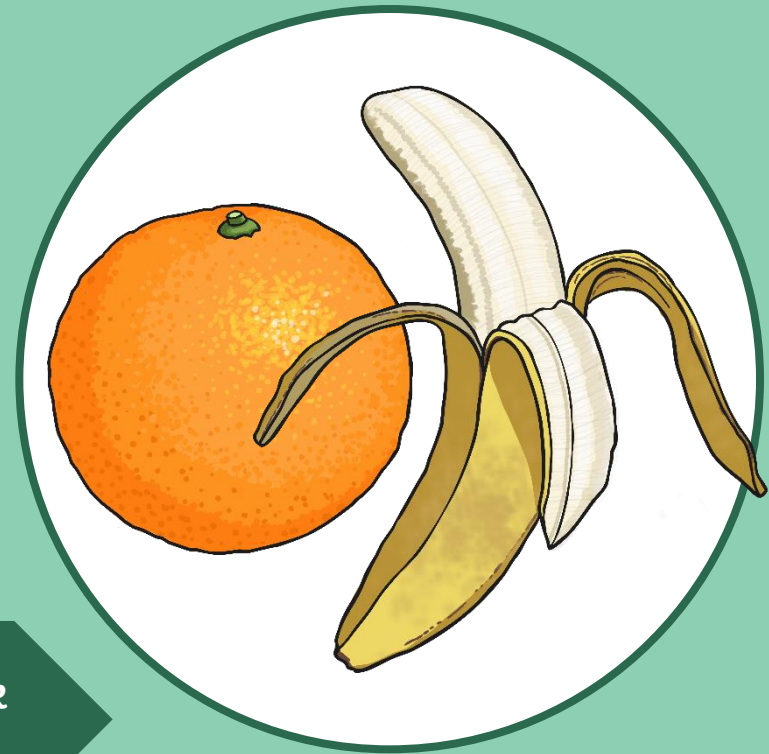
Think carefully about the foods you eat each day. Create a meal plan to show what you typically eat over the course of one week.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Lunch							
Dinner							
Supper							
Snacks							

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:

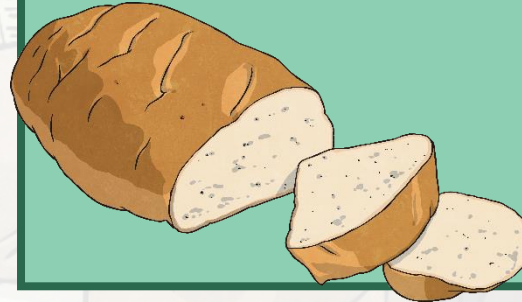
Fresh Fruit and Vegetables

Although they were not readily available.



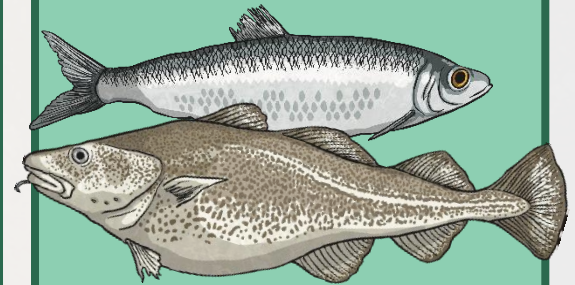
Bread

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.

Food, Food, Food



Look again at your weekly food menu.

How much of it would you have been able to eat during the war?

Now, write a second menu to show what you might have eaten during the war. You may need to do a bit of research to help you. To give you some ideas, have a look at the Twinkl Wartime Recipe Booklet [here](#).



My Weekly Wartime Meal Plan

I can create a meal plan to show the foods typically eaten in a week during the war.

Think carefully about the foods that were available during the war.
Create a wartime meal plan to show what may typically have been eaten over the course of one week.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Lunch							
Dinner							
Supper							
Snacks							