



You're invited!



Plan your menu
here!

At the start of World War 2, Britain got 60% of its food from other countries. To make sure there was enough food for everyone, the Ministry of Food introduced rationing.

Pretend it's your birthday, but you're celebrating in 1943! You're having a party, but what food are you giving to your guests? On the back of this sheet is a list of the food allowed per person as their weekly ration. Think of what you can make, and what you can do to get other ingredients. Are you going to grow it in your garden? Go without it? Find a sneaky, secret source for some ice cream? See what you can think of!

Rations for a week for one adult:



- Bacon and Ham (4oz)
- Other meat (2 chops)
- Butter (2oz)
- Cheese (2oz)
- Margarine (4oz)
- Cooking fat (4oz)
- Milk (3 pints)
- Sugar (8 oz)
- Jam (1 jar every 2 months)
- Tea (2oz)
- Eggs (1 Fresh egg, plus some dried)

To make a Victoria Sandwich cake, you need 8oz of butter, sugar and flour!

Will you use two months supply of jam for sandwiches? Or try making some?

Cakes often need 3 or 4 eggs...

Bread was never rationed during war time, and foods like tinned goods, biscuits and cereal were available, but often ran out. You could also grow fruit and vegetables at home.

If you were very daring, you could trade for food on the black market... But you could be caught by the police, and prosecuted for fraud.