

Primary History: Children of World War 2

Extension Activity - Food and Shopping

Make a shopping list, or use a list that your family has used at the supermarket. Go through the list to see how many of the foods we eat today you could have bought in a wartime shop.

Look up some more wartime recipes. You'll find some in books and on websites. See if you can find out what to put in a 'Woolton Pie'. Or in a 'Portman Pudding'. You could try planning a wartime birthday party tea too.

Rationing Challenge: Collect food items or pictures to show just how small how the ration was for one person for a week. In 1942, for example, you could have had:

One pork chop and four sausages
4 rashers of bacon
8 oz / 228 g of butter
8 oz / 228 g of tea (say 15 teabags)
2 oz / 57 g of cheese
1 egg