



4. Rationing

Subjects covered: Local History, WW2, Citizenship, ICT, and Mathematics

Skills Required: Speaking, listening and communication, finding and selecting information

Notes for the teacher: All School references can be found either in the Schools folder or in 'The War at Home' pages.

Use photographs from the past of Middlewich, together with written and audio visual material. The following ideas and questions can guide you towards classroom sessions that include the above skills and subject areas, engaging differing age groups and abilities.

Resources on this site include:

- Interpretation Board No 9 'Rations and Dig for Victory'
- Section 5 of the 'War at Home' CD
- Images of Ration Books Folder / Rations for 1 adult per week
- Interview Collection No 2, No 4
- Further Resources available from Middlewich Town Council Book Shop, including Allan Earl's book 'Middlewich at War'

On the 8th January 1940, the first food items were being rationed; bacon, butter and sugar. As the war progressed more and more items were added to the list, can you guess what they might be?

The pupils will look at what 'Rationing' means, and why was food rationed during the war. What did the community do to survive? How long did rationing last for?

One of the ways to understand is for the pupils to work on a food diary for 1 week, getting their parents to help them learn about weights and measures. How much food do you get through in a week? (How much do they throw away?) Then introduce them to the food allowance for an adult per week through rationing, so they can compare diets.

Maybe the pupils can think more about the choice of home grown food that was so vital to the population. What does dig for victory mean? What kind of vegetables / fruit could they grow? Artwork can be produced in the form of an allotment design for their garden at home, what does an allotment look like? What would the pupils grow there and draw a picture of their choices. For pupils who don't have a garden, think about how people were still able to grow something.

What else was on ration during the war, and what impact did it have upon people's lives? E.g. clothes: - 'make do and mend', use of salt cotton bags and parachute silk to make dresses!

Session Plan 4