

Rationing

During the war, Britain faced major shortages of food, clothes, fuel and other everyday items. Ration books made sure everyone got a fair share, but families had to get creative with what they had. This activity explores how rationing changed daily life.

You Will Need

Paper

Pen or pencil

A quiet space where you can sit in the dark for a moment

Optional: a blanket or torch

Weekly Ration Plan

Imagine you've been given a ration book. You must plan your weekly meals using only what was allowed.

On one side of the page, list your weekly rations (e.g. one egg, a small piece of cheese, limited meat and tea, lots of vegetables).

On the other side, create a simple daily meal plan using those ingredients. No chocolate, bananas, or takeaways!

If you're feeling creative, give one of the meals a wartime name like "Woolton Pie" or "Victory Stew".

Ration Book Design

- Make a mock-up of your own ration book.
- Divide a piece of paper into 6 boxes. In each box, draw a food item and write how much is allowed per person per week.
- You can cut pictures out of magazines or draw your own. Use your imagination to decorate it like a real ID document.