

SIR SIDNEY McSPROCKET'S

VICTORY VAULT

Ration Pack Recipe

Plan a power-packed meal for a World War Two soldier!

Put yourself in the boots of a wartime soldier and design a day's worth of meals using preserved and dried food.

Discover how freeze-drying made food lighter and lasted longer – even for space explorers years later! What would you pack for the front line?

You'll Need:

- Pen and paper
- Internet or books for inspiration
- Optional: lunchbox to pack it in!

Real wartime ration packs included meat tablets, chocolate, boiled sweets, and freeze-dried tea and coffee!

Steps:

1. Imagine you're a WW2 soldier – what would you need to eat for energy?
2. Plan a one-day ration using only preserved, dried or long-lasting foods.
3. Include breakfast, lunch, dinner, drinks and snacks.
4. Draw and label your ration pack.
5. Try making it (with help) and taste test your rations!