



You are a child during World War 2. You live with your **mother, father and one sibling**. Everybody in your house was issued with a ration book to buy food products.



Task 1: Work out how much of each item you buy each week with your ration books.

Fill in the table with the amount you would get for your family of four. (Eggs and bacon have been done for you.)

*Note: These ration quantities are accurate however the costs have been approximated for this task.

<i>Adult</i>	1 Egg + approx 3 powdered eggs	Bacon/ ham 100g	Cheese 50g (100 g for Vegetarians)	Sugar 225g	Meat 350g	Margarine 100g	Butter 50g	Tea 50g	Jam 60g	Milk 3 pints	Sweets & Choc 75g
<i>Child</i>	3 Eggs + approx 3 powdered eggs				200g			none		3.5 pints	
<i>Cost</i>	1 pence	1 ½ pence	1 pence	1 pence	1 ½ pence	½ pence	1 pence	1 pence	1 pence	1 pint = 4 pence	1 pence
<i>Week 1</i>	8 eggs	400g									
	8 pence	6 pence									

Extra foods which could be bought but were not rationed:

5lb Potatoes = 6 pence

Small Loaf of Bread = 1 pence

Large Load of Bread = 2 pence

fish = 5 pence per portion

Fruit and vegetables were grown in the garden or allotments so can be added for free so long as they can be grown in the UK!

This is an explanation of old money.

1 shilling = **twelve pence** (12d) £1 (**one pound**) = **20 shillings** (20s or 20/-) **240 pennies** (240d) = £1

Task 2: How much money would you spend during a weekly shopping trip, if you bought all of the rationed items?

Task 3: During World War 2, the average weekly wage was **four pounds and ten shillings**.

Your weekly food shop would cost no more than one pound.

- Work out how much many shillings & pence you would have for one day.
- Use the recipes in your WW2 booklet to help you decide on a menu for one week (Including breakfast, lunch and dinner)
- How much would each day's meals come to?
- How much would you have left over from your weekly wage?

Add the items that you have grown in your garden – these would be free!

Task 4: If you used the same menu each week, what is the quantity of each rationed item you buy and the cost for four weeks?

Can you afford to have some weeks, or days, where you treat yourself and your family?

What meals would you change on these days?

Challenge: Can you work out the cost for 1 year?

Task 5: How can you make your menu cheaper?

- Can you find any cheaper recipes? Work out the costs for different recipes to try and save some money.
- How much would you save each week? Work out a new weekly food shopping list (task 3)