

Key Vocabulary		Rationed Foods These were the rations for an adult in 1942: <ul style="list-style-type: none"> • Bacon & Ham 4 oz / 100g • Other meat value of 1 shilling and 2 pence / £3 • Butter 2 oz / 50g • Cheese 2 oz / 50g • Margarine 4 oz / 100g • Cooking fat 4 oz / 100g • Milk 3 pints / 1.5l • Sugar 8 oz / 200g • Preserves 1 lb every 2 months • Tea 2 oz / 50g • Eggs 1 fresh egg (plus allowance of dried egg) • Sweets 12 oz every 4 weeks / 300g <p>The rations changed according to what was available. Vegetarians received extra cheese instead off the meat ration. Bread was not rationed but bakers were only allowed to make the 'national loaf' a type of wholemeal bread that was very unpopular. The only cheese that was produced was a variation of Cheddar cheese and this continued to be the most widely produced cheese until decades after the war. Fruit was not rationed but imported fruit was almost unobtainable, most children did not see a banana until the 1950's.</p>	British Food Timeline WW1: Rationing was introduced in stages between December 1917 and February 1918. Ration books were finally introduced in July 1918. Everyone had to choose a retailer who they would buy their rationed food from. Butter, margarine, sugar, jam, tea, bacon and meat were rationed. WW2: At the start of the Second World War in 1939, the United Kingdom was importing 20 million tons of food per year, including about 70% of its cheese and sugar, almost 80% of fruit and about 70% of cereals and fats. The UK also imported more than half of its meat and relied on imported feed to support its own meat production. The German strategy was to prevent the import of food into the UK and starve it into submission. Rationing was introduced in January 1940 with butter, bacon and sugar, this expanded to include many more foods by 1942. Local fruit, vegetables and bread were never rationed during the actual war. After the war: In 1946 the wheat harvest was exceptionally poor and bread was rationed. In 1947 following poor weather, potatoes were also rationed. 1948 bread came off ration. 1953 rationing of sugar and sweets ended. 1954 meat rationing finished, this meant that all food was now off ration.
Staple Food	A food that forms a large part of the diet.		
Rationing	Limiting the amount of a scarce resource that each person is allowed to have.		
Ration book	A document that everyone had, that recorded what they were allowed and what they had used.		
Black market	Selling items that were rationed illegally.		
Points	A system used later in WW2 to ensure the fair distribution of some extra but still scarce foods. It allowed people some choice of what was available while still limiting the amounts they could have.		
The British Empire	A group of countries ruled by Britain.		
Colony	A country ruled by another country.		
Cuisine	A type of cooking, including the cooking methods, recipes and ingredients.		



Food Studies

Year 8

British Food History Rationing



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