



Cook a War Rationed Recipe (Cooking and Nutrition)

We are learning to design and cook a recipe using war rationed ingredients

The government began rationing certain foods in May 1942, starting with sugar. Coffee was added to the list that November, followed by meats, fats, canned fish, cheese, and canned milk the following March.

What have we already learnt?

Children have built up basic cooking skills since KS1 and in Year 4 they had the chance to apply these during their bread making unit of work.

Fresh meat or fish were heavily rationed so people either substituted meat or fish for vegetables like potatoes, turnip, swede and beetroot, or tinned products like pilchards, sardines and spam. These were eaten in a variety of dishes, such as pies, pasties, soup and stews.

Eggs were rationed so people used powdered eggs, which would come in metal tins.



All meals cooked need to be nutritionally well balanced in order to create a healthy meal.

Vocabulary	Definition
ration	a limited amount of something that one person is allowed to have
combine	to bring or join together into a whole
substitute	to use something or someone instead of another thing or person
consistency	the degree of thickness, firmness, or stickiness
texture	the feel or look of a surface
carbohydrate	Bread, cereals, pasta, rice, and sweet foods are mostly carbohydrates. You need them to give you energy
protein	Protein is essential for building, maintaining, and repairing the tissues in our body.
fat	Fat is a source of energy It is also used in our bodies as insulation to keep us warm and as protection for our vital organs