

Year 4 Afternoon Learning –

Week beginning Monday 22nd February 2021

This is your themed learning for DT:

World War II – Rations

This week's DT is closely linked to the history sessions, so you may want to do those first.

What was rationing?

Rationing during World War II was when limits were set on how much of something a person could have per week. Everyone, including babies, would be given a number of 'points' that they would turn in along with money to buy items. These items included butter, sugar, meat, milk, tea, cheese, jam, eggs, fruit, petrol and more. If you used up your points, you would not be able to buy anything else until you got more points.

One week's rations for a child looked like this:

1 ½ pints of milk	42g lard (fat)
100g sugar	42g cheese
28g tea	56g bacon
28g butter	28g sweets
56g margarine	28g jam
6p worth of meat	1 egg

28g is the same as about 2 to 3 spoonfuls of something.

Families had to make sure they did not overuse their rations early in the week, otherwise they would have no points left by the end of the week.

An adult would get twice as much food per week for their rations.
Children under 5 would get extra milk.

An average weekly menu in 1940 was as follows:

Day	Breakfast	Lunch	Dinner
Monday	Porridge with black treacle (no milk)	Jam sandwich	Corned beef stew, soya bean dumplings, peanut butter bread
Tuesday	Porridge	Potato crisp sandwich	Whale meat, suet pudding
Wednesday	Porridge	Cheese sandwich	Scrambled eggs, stewed apples
Thursday	Porridge	Potato crisp sandwich	Baked potatoes, dried egg cake
Friday	Porridge	Spam sandwich	Liver, one sausage, buttered bread
Saturday	One slice of bacon on a piece of fried bread	Bread and cheese	Dried egg omelette, cabbage, carrot flan
Sunday	One slice of bacon, one fried egg, one piece of fried bread	Lamb chop, carrots, potatoes, pear flan	Potato pie, bread and butter or jam

With a lack of ingredients, people in the 1940s would make recipes such as the following:

Sweet Potato Chocolate Spread



2 tablespoons of mashed potato
1 tablespoon of cocoa
1 tablespoon sugar
Almond or vanilla flavoring

1. Mash the potato thoroughly.
2. Mix in the cocoa, sugar and flavoring.
3. Use as a spread instead of jam.

Fruity Potato Cakes



4 oz cooked potatoes
2 oz self raising flour or plain flour with 1 tsp baking powder
1 oz margarine
1 oz sugar
1 tablespoon marmalade
1 oz mixed dried fruit
Topping - sugar & mixed spice, if desired

1. Mash or sieve the potatoes until light and floury; do not add milk.
2. Sift the flour & baking powder, mix with potatoes.
3. Cream the margarine, sugar & marmalade, then add the flour & potato mixture with the dried fruit.
4. Mix together.
5. Put on a floured board and roll out with a floured rolling pin.
6. Cut into 10-12 rounds or triangles.
7. Grease a heavy frying pan or griddle with greased paper.
8. Heat the pan for a few minutes, and then test by shaking on a little flour. The heat is correct when the flour turns brown within 1 minute.
9. Put on the potato cakes. Cook for two minutes on each side then lower the heat and cook gently for another 5-6 minutes.
10. Serve hot or cold.
11. The cakes can be sprinkled with a little sugar and mixed spice.

Vinegar Cake



6 oz self-raising flour
3 oz margarine
3 oz sugar
 $\frac{1}{4}$ pint milk
1 tablespoon vinegar
 $\frac{1}{2}$ teaspoon bicarbonate of soda
3-4 oz mixed dried fruit

1. Sift the flour.
2. Cream the margarine and sugar.
3. Pour the milk into a large basin, add the vinegar and bicarbonate of soda; the mixture will rise and froth in the basin.
4. Blend the flour and vinegar liquid into the creamed margarine and sugar then add the dried fruit.
5. Put into a greased and floured 7 inch tin, bake in a moderate oven for 1 hour.

Carrot Jam



8 oz peeled carrots
1 lb sliced cooking apples
 $\frac{1}{4}$ pint water
1 lb of sugar (per pint of mixture)

1. Cook the carrots in a little water.
2. Cook the apples with a little water until a smooth pulp.
3. Mix the carrots and apples together.
4. Measure the mixture and add 1lb of sugar for each pint of mixture.
5. Tip it all back into the saucepan, stir until the sugar has dissolved, then boil until stiffened.

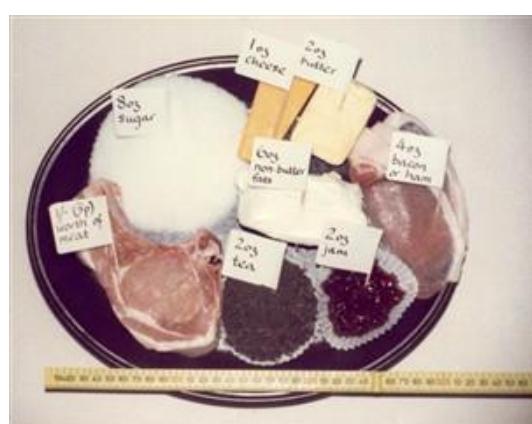
This never becomes as firm as real fruit jam.

Your task: Create a meal using ingredients from a week's worth of rations.

You should include:

- The name of the meal, e.g. vinegar cake
- The ingredients and measurements of each
- Clear steps on how to make the meal
- Illustrations of the ingredients/finished meal

Food rationing started in 1940 and ended in 1954, when restrictions on the sale of meat and bacon was lifted for the first time in 14 years.



A week's worth of rations for an adult. It all fits on one plate, the length of a 30cm ruler.