

Read pages 34 to 40 and answer the following questions about eating habits during and after WW2

P34

- 1 Why did some foods for example tea, coffee and some fresh fruit become known as 'essential items'?
- 2 How did rationing actually work for everyone? Give five steps in bullet points.

P35

Fill in the table below:

Food	Date the food was rationed	Date the food stopped being rationed	Amount allowed on a weekly basis
bacon			
jam			
cheese			
meat			
soap			
eggs			
chocolate			
butter			

P36

- 1 Apart from the food, what else was rationed? (2)

P37

In what ways was queuing part of the routine?

p38

Many would say that the diet of people during the war was far better than ours today. Would you agree? Why/Why not? Give specific reasons to back up your answer.

P39

Look at the list of foods on this page. Think of two dishes that you could've made during the war using these ingredients.

P40

Name three ways that lifestyles and food habits during the war had to change and be adapted?

Extension:

Look up some wartime menus for main course and dessert, which you would have liked to try.