



Name: _____

'Food Rationing' Worksheet

Many foods were rationed during the Second World War (everyone was only given a small amount so that food was shared out fairly).

1. List **6** foods that were rationed during the war:

a) _____

b) _____

c) _____

d) _____

e) _____

f) _____

2. When did food rationing begin in Britain? (Tick the right answer):

October 1939

January 1940

June 1940

3. What were some of the food rations for an adult for one week?
Fill in the table - write down the food which matches each amount:

Amount (per week)	Food
4oz (100g)	
2oz (50g)	
2 pints	
2oz (50g)	
8oz (225g)	
3oz (75g)	

4. Food rationing lasted for 14 years (1940-1954).
Write down the years these foods went on ration and came off ration:

Food	Year put on Ration	Year taken off Ration
Meat		
Cheese		
Jam		
Sweets		

5. Look at the poster featuring 'Potato Pete' and 'Doctor Carrot'. These jolly characters were used to encourage people to eat more non-rationed vegetables.

Finish drawing this poster:

