

Year 3 - Week 10
Catshill Home Learning

Our focus on WW2 will continue this week. You will find a selection of activities linked to Rationing. We hope you enjoy.

Subject Suggested Activities – English/Topic

- ➔ Rationing video clip and reading comprehension – learn about rationing during WW2
- ➔ Rationing analysis – a little bit of maths
- ➔ Food from Wartime – fancy a bit of cooking?
- ➔ Dragon's Den - Sell your Creation...
- ➔ Make do and Mend – why not get creative? (Instruction writing to follow)

Other Website links

Handwriting <https://www.ictgames.com/mobilePage/writingRepeater/>

David Walliams (audio story – we know how much you love World's Worst Children)
<https://www.worldofdavidwalliams.com/elevenses/>

Fun news videos and animal videos <https://www.reachoutreporter.com/>

Please look on the school website for additional resources as well as our Year 3 class page.

Take care and stay safe!

Miss Moody and Mrs Braiden-Smith ☺

<https://www.bbc.co.uk/teach/class-clips-video/history-ks2-rationing-in-the-uk/zbgb9g>

Watch the video clip to find out about rationing during WW2 (1939-1945)



Food and rationing

Why was food rationed in the war?

Food was rationed because everyone needed their fair share of food. The war made it difficult to bring in food from abroad so all food had to be produced in Britain. Britons got food from other countries in ships but lots of ships sank during the war and there was a shortage of some foods in the shops, so the British government decided to introduce a system of rationing.

Food rations

People had ration books so everyone had the same amount of food to eat. Some of the food that was rationed was eggs, butter, cheese, sugar, tea and bacon. This was so that people had enough to eat. People listened to the radio to find out what food was rationed that week. People went to shops with a ration book where they used coupons to buy food. People were allowed 16 points a month.



Growing food

People were asked by the government to grow vegetables in allotments. Allotments are small plots of land near your home, for growing vegetables. People grew onions, potatoes and cabbages. They found all sorts of places to grow food like rubbish tips and bomb sites. People grew vegetables in window boxes. Children and women worked on allotments. The campaign was called *Dig for Victory*.



War recipes

Women got advice from the radio programme called *Kitchen Front*. They made rabbit stew, using vegetables that they had got. When they had cheese they made cheese pudding using milk and stale bread crumbs.

For pudding they had apple pie, blackberries, rhubarb, strawberry and raspberries when the fruit was in season. In the summer and autumn they made jam with children, and ate a lot of jam sandwiches for their tea. They also ate liver, bacon, sausages, heart and kidney.



One coupon =

- Butter 100g
- Tea 50g
- Bacon 100g
- One egg
- Cheese 25g
- Sugar 200g
- Meat
- Vegetables

War Fact
During WWII there was a popular suet pudding recipe called National Roly Poly.



Feeding Britain

Women did lots of cooking. Women made food for rescue workers and people whose houses got bombed. Women had to think of clever ways of using food rations to feed their families. Meat was important for protein. Some people kept chickens, rabbits, or pigs.

Q1. List three foods that were rationed during the war...






























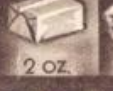



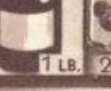







Q2. Where did they grow food?

Q3. How much cheese would one coupon buy you?

Q4. Which animals did people often keep to help with the meat shortage?

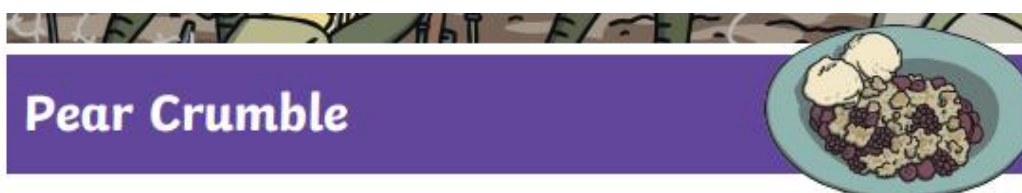
Q5. Where did women get advice about what foods to cook?

Rationing Analysis

DATE	BACON & HAM	SUGAR	BUTTER	COOKING FATS	MEAT	TEA	CHEESE	PRESERVES	POINTS RATIONS		
1940 JAN. 8	 4 oz.	 12 oz.	 4 oz.					(MONTH)	(MONTH)		
1940 JULY 22	 4 oz.	 8 oz.	 6 oz.	 2 oz.	 1 1/10	 2 oz.					
1941 MAY 5	 4 oz.	 8 oz.	 6 oz.	 2 oz.	 1 1/2	 2 oz.	 1 oz.	 8 oz.			
1941 DEC. 1	 4 oz.	 12 oz.	 7 oz.	 3 oz.	 1 1/2	 2 oz.	 3 oz.	 1 LB.	 16 POINTS		
1942 FEB. 23	 4 oz.	 8 oz.	 6 oz.	 2 oz.	 1 1/2	 2 oz.	 3 oz.	 1 LB.	 20 POINTS		
MILK AND EGGS : (PROPORTION ONLY, EXACT QUANTITIES VARYING) ASSUMED ADULT ENTITLEMENT →				  			3 PINTS OF MILK A WEEK				3 EGGS A MONTH
SPECIAL SUPPLIES : MILK —											
EXPECTANT MOTHERS : 7 PINTS		INFANTS : 14 PINTS		CHILDREN : 3 1/2 TO 7 PINTS		INVALIDS : UP TO 14 PINTS					12 EGGS A MONTH FOR CHILDREN AND EXPECTANT MOTHERS
OTHER EXTRAS FOR CHILDREN :				 ORANGES		FRUIT JUICE CHILDREN UP TO TWO YEARS		COD LIVER OIL CHILDREN UP TO SIX YEARS			

- Q1. How much bacon and ham were people allowed each week during 1940-1942?
- Q2. How much more sugar was rationed in January compared to July?
- Q3. At what date did produce generally increase?
- Q4. In July 1940, how much sugar would a person have for 1 month?
- Q5. How much more sugar would a person have, each month, in December 1941?
- Q6. If 8oz of jam needs to last a month, how much jam can a person eat in a week?
- Q7. If 1oz is equivalent to 28g, how many grams of butter would a person get in February 1942?
- Q8. If a child gets 19 eggs a month, how many eggs will they eat in a year?

Food from Wartime – have a read through the recipes and have a go at creating one...



Pear Crumble



Ingredients

6-8 pears (ripe and with the skins left on)

2 tablespoons of margarine

handful of sultanas

lemon juice/zest if available

1/2 cup of rolled oats

1/2 cup of wholewheat flour

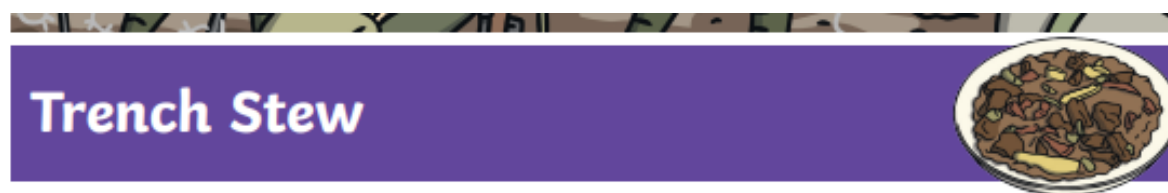
1/2 teaspoon of all spice (mixed spice)

custard powder, sugar and milk (for custard)

Serves 4

Method

1. Core and chop the pears, leaving the skin on.
2. Add some of the lemon juice and zest if available.
3. Add together the sultanas with the pears and lemon juice and place in a 7-inch greased cooking pan.
4. Mix the all spice and the sugar together and sprinkle it over the top of the pears in the pan.
5. Mix 1/2 cup rolled oats and 1/2 cup wholewheat flour together in a bowl.
6. Add in the margarine and mix until the mixture resembles bread crumbs.
7. Sprinkle this mixture over the top evenly.
8. Place it in a pre-heated oven at 200°C for 40 minutes.
9. Make some custard and serve it with the hot crumble.
10. Serve and enjoy!



Trench Stew



Ingredients

1 turnip or large potato

1 parsnip

1 pint of water

2 carrots

1/2 stock cube

Stale bread or 1 biscuit

1/2 tin corned beef

Method

1. Chop up the carrots into small pieces.
2. Chop up the other vegetables into larger pieces.
3. Add the vegetables and the 1/2 stock cube to a pint of boiling water.
4. Stir the vegetables until they become tender.
5. Add in the 1/2 tin of corned beef (you can leave this out if you are vegetarian).
6. Crumble in the stale bread or biscuits.
7. Leave and simmer for a few minutes.
8. Serve and enjoy!



Eggless Chocolate Cake



Ingredients

3oz margarine or fat
7oz plain flour
1 tbsp baking powder
1/2 tsp salt
1 1/2oz cocoa
3oz sugar
1/4 pint warm milk and water
1 tbsp bicarbonate of soda
1 tbsp vinegar
1/2 tsp vanilla essence

Method

1. Rub the margarine or fat into the flour, salt and baking powder.
2. Add together the mixture, cocoa, sugar, milk and water. Mix it altogether.
3. Dissolve the soda in the vinegar to add into the cake mixture, with the essence.
4. Mix everything together and place it into a greased tin to bake.
5. Bake for 1 1/2 hours on 190 ° C / fan 170 ° C / or gas mark 5.
6. Serve and enjoy!

Cottage Pie



Ingredients

1lb mince beef
several large potatoes
dried herbs
salt and pepper
2oz cheese
beef stock (1 pint or more)
gravy powder
peas and finely-chopped carrots
chopped onions (optional)
blob of butter or margarine

Method

1. Brown the mince and add the chopped vegetables, herbs and salt and pepper
2. Add beef stock, stir and simmer for 15 minutes. Add gravy powder towards the end to thicken it up.
3. Meanwhile, chop the potatoes into small chunks and place them in hot salted water. Bring them to the boil and then drain them.
4. Add the butter or margarine to the potatoes and mash them together. Then, add the milk so that the mashed potato is spreadable.
5. Place the beef sauce in a small tray or casserole dish and then spread the mashed potato on top.
6. Sprinkle grated cheese and herbs on the top and place in the oven for 20 minutes at 200°C.
7. Finish off by placing it under the grill to brown.
8. Serve and enjoy!

Dragon's Den - Sell your Creation

Imagine you are meeting the dragons!

You have created one of the popular meals during wartime and you now have to sell it to your potential buyers.

Create a short piece of writing to explain why they should invest in your product. You may wish to present your piece of writing as a video clip too!



Clothing – Make do and Mend

Clothes were rationed too during the war and people were encouraged to 'make do and mend'. Do you have a piece of cloth or clothing that you could create something out of yourself?

For example, could you use some material to make some bunting?



Could you use some material to create a pillow?



Once you have finished, why not write out your instructions using key vocabulary such as **firstly**, **secondly**, **thirdly**, **next**, **after**, **then**...

place, **stitch**, **sew**, **cut**, **measure**, **pin**, **stick**,

carefully, **steadily**, **slowly**,

If you haven't got any spare or unwanted material then why not design a creation and write the instructions for somebody else to have a go at.