

# World War Two Rationing Classroom Activities

Linlithgow Museum 2021/22 *How many times could you make this recipe?*



These activities have been designed to be used with West Lothian Council Museum Service School Loan Boxes. The Teacher's Notes in the Loan Box contain background information and objects that can be made to make these Classroom Activities more interesting. Some activities can also be used without the loan box but Teachers will need to do some research on the topic.

## Activity 1

Take a look at the food ration in the loan box. Imagine what it would've felt like if this is all you were allowed for the week. Discuss your feelings with a partner or in groups. Take a look at the word cloud if you're stuck!

## Activity 2

- A) During WW2, the people at home had to make up some pretty odd meals. As a class have a go at making a wartime recipe (see page 3-4)
- B) Using the food in front of you, make up your own wartime recipe. Make sure to include the ingredients and their measurements, and the method. (Worksheet provided on page 5)
- C) By looking at how much of each ingredient you have used, calculate:
  - I – How much of each ingredient do you have left?
  - II – How many times could you make this recipe in one week?
- D) Compare recipes with a friend, would you eat their creation? Discuss what you would change if you could.

## Activity 3

Look at the posters in the box. What differences and similarities do the posters have? Now make your own A4 poster for the rationing scheme, try and use some persuasive language!

## **Curriculum Links**

When I engage with others, I can respond in ways appropriate to my role, show that I value others' contributions and use these to build on thinking.

### **LIT 2-02a**

I consider the impact that layout and presentation will have and can combine lettering, graphics and other features to engage my reader.

### **LIT 2-24a**

I can use addition, subtraction, multiplication and division when solving problems, making best use of the mental strategies and written skills I have developed.

### **MNU 1-03a**

By exploring places, investigating artefacts and locating them in time, I have developed an awareness of the ways we remember and preserve Scotland's history.

### **SOC 1-02a**

I can use primary and secondary sources selectively to research events in the past.

### **SOC 2-01a**

## WARTIME CHRISTMAS CAKE

8 oz. plain flour

1 level teaspoon baking powder

½ level teaspoon salt

1½ heaped teaspoons mixed spice

½ level teaspoon ginger

3 oz. margarine

8 oz. sultanas

4 oz. sugar

1 tablespoon treacle

A few drops of vanilla essence

A few drops of lemon essence

2 eggs, size 3, lightly beaten

¼ pint milk

*8-inch square tin, greased and lined*

Set oven to Gas Mark 4 or 350°F/180°C.

Sift together the flour, baking powder, salt and spices. Rub in the margarine and stir in the sultanas and sugar.

Mix together the treacle, essences, eggs and milk, and stir into the dry ingredients. Spoon the mixture into the prepared tin and bake for 1½ hours.

**Note:** During the war, dried egg and milk would have been used, these being added with the dry ingredients.



# Carrot Cookie Recipe



(Makes 10 small cookies)

## Ingredients

- 1tbsp margarine
- 2tbsp caster sugar
- 6tbsp self-raising flour
- 1tsp vanilla essence
- 1tbsp water (if required)

## Method

1. Pre-heat the oven to 200C
2. Cream the margarine and sugar together with the vanilla essence
3. Mix in the grated carrot
4. Fold in the flour adding water if it feels too dry
5. Drop spoonfuls onto a greased tray and press down a little
6. Sprinkle the tops of the cookies with a little extra sugar
7. Place in the oven for 10-15mins

# My Wartime Recipe for:

## Ingredients:

Amount	Item

## Method

1	
2	
3	
4	
5	
6	
7	
8	
9	
10	

nervous confused  
upset nervous  
upset confused  
angry hopeful scared  
enthusiastic hopeful  
optimistic excited upset  
angry hopeful scared  
angry enthusiastic  
frustrated nervous excited optimistic  
angry scared  
optimistic