

HOME LEARNING ROUTE



Rationing and recipes

Key Stage 2 • History

Learn about wartime rationing and locally sourced food. Use what you have learnt to cook or bake a treat that uses ingredients available during the war.

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Preview of pupil steps:

1. Watch this video on rationing and answer these questions:
What is rationing?
Which foods would have been a rare treat?
2. Read the section on food and treats.
How would you feel if this was your diet?
3. Here you can find out some more facts about rationing - and how the Dig for Victory campaign helped put fruit and vegetables on the table.
4. Watch this video to find out more about where in the world different foods grow, and how they get to our plates.
5. Here are some facts about specific foods and when they first came to Britain.
6. If you want to eat food that is grown locally all year around, you will have to preserve it. That way you can make a strawberry cake in the middle of winter! Find out about food preservation. How could this have been helpful during the war?
7. People living in wartime Britain had to swap ingredients from their favourite recipes because of rationing. They weren't always able to find the ingredients they needed. Scroll down on this page to find some recipes for making treats. Try making one. Swap out any ingredients that you don't have, or that would have been hard to get during the war.

What are home learning routes? Help children learn from home with these ready-made routes through Discovery Education Espresso content. The routes include video, text and glossaries for learning, as well as art, design and creative writing challenges for children to apply and demonstrate what they know.

