

DUNKESWELL WAR STORIES



Session Two Rationing and Wartime Food

MAIN OBJECTIVE

To give children an overview of what wartime rationing was, how it worked, the kind of foods that were rationed, and some of the dishes people ate during WWII.

LESSON PLAN

Section	Summary of Activities	Resources/ Materials	Time
Introduction	<i>Activity 1</i> Recap of what we learnt in Session One and introducing rationing	Paper Pencils or pens Whiteboard and markers OR interactive whiteboard	10
Memories of Rationing	<i>Activity 2</i> Show the children the short films about people's memories and experiences of rationing	FILMS: Undeclared Rations (2.1) Farmers' Perspective (2.2) Ice Cream (2.3)	5
Cookery Class	<i>Activity 3</i> Talk the children through a selection of the foods that were rationed during WWII, allowing them to try samples	Foodstuffs listed in Resource 2.4 Plates or napkins Plastic cups	35
Conclusion	<i>Activity 4</i> Recap activities 2 and 3 to see how much the children have learned about rationing	Paper Pencils or pens	10

ACTIVITIES

Activity 1 – Introduction

- Quickly discuss the previous lesson with the class to see how much they remember