

Rationing Maths

At the start of the war, most of Britain's food came from other countries and was brought to the UK by ship. The German navy set out to sink ships bringing food to Britain to force great hardship on the country.

By January 1940, some foods were in very short supply and had to be rationed. Ration books were given to everyone in the country. The tables on the next page provide details about what was rationed and how much people were allowed. Generally, people registered with their local grocer and butcher and had to buy from these shops.

Using the tables, answer the maths questions.



Foods you were allocated weekly as an adult during rationing (children received half this ration):

Bacon and Ham	4oz - about 3-4 slices or rashers
Other meat	2 small chops
Butter	2oz
Cheese	2oz
Margarine	4oz
Cooking fat	4oz
Milk	3 pints (plus 1 packet dried milk a month)
Sugar	8oz
Preserves (jam / marmalade)	1lb every two months
Tea	2oz
Eggs	1 shell egg (plus one packet of dried egg a month)
Sweets	12oz a month

During the Second World War calorie intake was 3,000; saturated fat was 15g per person, sugar was 40g and protein was 30g. In 2020, it is about 3,100 calories, 29g fat, 79g sugar and 88g protein. Put this data into a bar chart to show these differences between then and now.

Foods you could get on a points system every month (each person was given 24 points a month):

Per pound (lb)	Points	Per tin	Points
Rice	8	Sardines	2
Sultanas	8	Skimmed Milk	5
Currants	16	Baked Beans	2
Biscuits (Dry) (sweet)	2 4	Herrings	2
Rolled Oats (porridge oats)	2	Stewed Steak	20
Sausage-Meat	12	Best Red Salmon (small)	32
Chopped ham	3 per oz		

1. Do you have enough points to buy rice, 4 oz chopped ham, one tin of skimmed milk and a pound of sweet biscuits?
2. One packet of egg powder could be made into the equivalent of a dozen eggs. Including real shell ones, in total how many 'eggs' could one person consume in a four week month?
3. If you were a vegetarian you were allowed an extra 3oz cheese, in total around 5oz a week. As a percentage how much more is this 5oz than the standard rationed amount?
4. 1 ounce = about 28g. Calculate a child's weekly ration of milk, bacon, sweets and sugar in grams.