Ration Book Shopping List

Amazing Fact

On the 28th July 1914, the First World War began when Austria-Hungary declared war on Serbia.

The war was one of the most destructive in history and was a huge drain on the resources of the countries involved. As a result of a shortage of steel during the war, many ships and boats were made out of concrete!

Challenge

During the war, there was also a shortage of food. As a result of this, British citizens were issued with a ration book. This limited and capped the amount of food they could purchase.

Imagine that you are a child during the First World War. You live with your mother, father and sibling. Everybody in your house was issued with a ration book to buy food products.

Task 1

Work out how much of each item you buy each week. Fill in the table with the amount you would get for your family of four. (Eggs have been done for you.)

Product and Ration	Cost	Week 1
1 egg	1 pence	4 eggs
Bacon/Ham 110g (4oz)	$1\frac{1}{2}$ pence	
Cheese 55g (2oz)	1 pence	
Sugar 220g (8oz)	1 pence	
Meat 110g (4oz)	$1\frac{1}{2}$ pence	
Margarine 25g (1oz)	$\frac{1}{2}$ pence	
Tea 160g (6oz)	1 pence	
Jam 135g (5oz)	1 pence	
Milk 3 pints (1800ml)	1 pint: 4 pence	
Sweets 80g (3oz)	1 pence	

Task 2

How much money would you spend during a weekly shopping trip if you bought all of the rationed items? Clearly show your working out in the box below. Can you write this amount using old money?

Answer:

You could also try to find out:

- what the biggest concrete ship was;
- what happened to concrete ships after the war;
- what other materials were in short supply;
- which other materials were used as substitutes.

Ration Book Shopping List **Answers**

Task 1

Product and Ration	Cost	Week 1
1 egg	1 pence	**4 eggs**
Bacon/Ham 110g (4oz)	1½ pence	**440g**
Cheese 55g (2oz)	1 pence	**220g**
Sugar 220g (8oz)	1 pence	**880g**
Meat 110g (4oz)	1½ pence	**440g**
Margarine 25g (1oz)	½ pence	**110g**
Tea 160g (6oz)	1 pence	**640g**
Jam 135g (5oz)	1 pence	**540g**
Milk 3 pints (1800ml)	1 pint: 4 pence	**12 pints**
Sweets 80g (3oz)	1 pence	**320g**

Task 2

86 pence / 7 shillings and 2 pence