

Food Guide for Children of All Ages

APPROXIMATE QUANTITIES PER DAY

	Food.	9 months to 1 year.	1—2.	2—6.	6—12.	12—18.
	Milk ...	1-1½ pint ...	1 pint ...	1 pint ...	½-pt. + school milk	½-pt. + school milk, or ½-pt. after leaving school
Per day	Potatoes	1 tablespoon	1 tablespoon	1-2 heaped tablespoons	2-5 heaped tablespoons	5-8 heaped tablespoons
per day	National bread	1 slice ...	½-1 slice ...	1½-4 slices ...	4-7 slices ...	7-14 slices
per day	Salad or raw vegetable	Orange juice or b'kcurrant puree or rose hip syrup	Fruit juice or 1½-oz. raw vegetable after 18 months	½-1 oz. ...	1-2 oz. ...	2-3 oz.
Per day	Green vegetable	1 tablespoon	1 tablespoon	1-2 heaped tablespoons	2-3 heaped tablespoons	2-3 heaped tablespoons
	Root vegetable	or 1 tablespoon	or 1 tablespoon	or 1-2 heaped tablespoons	and or 2-3 heaped tablespoons	and 2-3 heaped tablespoons
per day	Margarine & Butter	¼-oz. ...	½-1 oz. ...	½-1 oz. ...	Full ration ...	Full ration
per week	Egg (if available)	2 per week ...	2-3 per week	4 per week ...	1 per week ...	1 per week
per week	Cheese ...	—	1-1½ oz. ...	1½-3 oz. ...	3 oz. (or full ration)	3 oz. (or full ration)
per week	Meat ...	Liver (only) 1 tablespoon	3 tablespoons (1 liver)	3-5 tablespns.	5-10 tablespns (or full ration)	1 lb. raw wt. (or full ration)
per week	Fish (if available)	2 tablespoons (fresh)	3 tablespoons (fresh)	3-4 tablespns (fresh or salt)	4-9 tablespns (fresh or salt)	1 lb. raw wt. (fresh or salt)
per week	Bacon ...	1-1½ oz. bacon fat	1-2 oz. ...	2-4 oz. ...	4 oz. ... (or full ration)	4 oz. (or full ration)

This table was produced by the Ministry of Food (MOF) during WWII, helping mothers plan food for their children.

The MOF issued the following advice:

'Some foods, which many mothers have always considered to be essential for their children, such as fruit and sugar, are now either scarce (rare to find) or unavailable. However, for both fruit and sugar, no harm will come if suitable replacements are given.'

Vitamin C is found in oranges and other citrus fruits, which were very hard to find during WWII. Apples and pears, which were available, did not have enough vitamin C in them to be useful to the body. However, blackcurrants, tomatoes and even wild rosehips were (and still are!) a rich source of vitamin C and was advised to be given to children daily when in season; raw green vegetables were suggested a good substitute. It was made clear that children **MUST** have either of the above **every day** and NOT just once or twice a week!

Before half term, one of the rationing activities was to create a possible week's menu.

1. Design a day's worth of meals for you (or for your whole household) and **create a menu** for that day. Present your menu similar to one that you would find in a café or restaurant, thinking about the layout, the size of the writing, style, pictures, photos etc.
2. Write a recipe for each meal, describing what ingredients and cooking utensils you will need, the cooking method and a description of the meal. I am after best quality work, where I can see that you have tried hard to write in a way that sounds exiting, persuasive and has a variety of sentences! 😊
3. Think about the steps in your recipe – include carefully chosen imperative verbs (the instruction words) e.g. *place, tear, slice, mould, spread...etc.* and 'time words' e.g. *meanwhile, shortly after, before whisking... etc.*
4. If you are able to, cook your meal (or meals), giving them a name and take a photo. You could always record yourself on a video preparing the meal as if on a cookery programme! This could accompany your recipe! 😊 If you do this, I'd love to see them!
5. Keep your work – or send it to me - as I'd like to create a WWII children's/family's cook book!

****As an additional historical investigation, (if you have the time) research some WWII common meals e.g. Woolton pie or find out about 'mock foods.'**

Woolton pie, also known as Lord Woolton pie, was basically a vegetable pie, widely served in Britain in the Second World War when rationing and shortages made other dishes hard to prepare. It was named after Lord Woolton, the Minister of Food in 1940, who made it popular.



Mock foods became popular to mimic or pretend to be other foods that were in short



Mock fried egg on toast!

supply e.g. mock sausage or mock fried egg... even mock banana which was mashed boiled parsnip with a drop or two of banana essence!! *It's surprisingly realistic in a sandwich or with custard... I've tried it!* 😊