

Ration Recipes

(cooking and nutrition)

Useful Websites

<https://www.bbc.co.uk/bitesize/subjects/z9r9wmn>

<http://www.foodafactoflife.org.uk/>

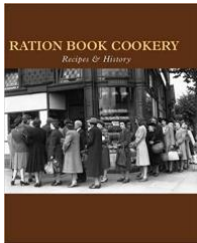
<https://www.bbc.co.uk/bitesize/topics/zshp34j>

<https://www.bbc.co.uk/bitesize/topics/z4d82hv/resources/1>

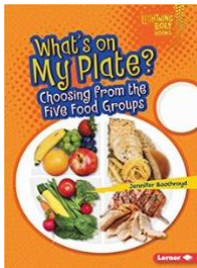
<https://www.bbc.co.uk/teach/class-clips-video/history-ks2-rationing-in-the-uk/zbgby9q>

Useful Books

“Ration Book Cookery: Recipes & History: Recipes and History (Cooking Through the Ages)” by Lloyd Grossman



“What’s on My Plate: Choosing from the Five Food Groups” by Jennither Bothroyd



“My Recipes: Make Your Own Cookbook” by KS2 😊



Educational Visits

- Centre for Life
- Beamish