

Name: \_\_\_\_\_

Date: \_\_\_\_\_

### Rationing Today: My Daily Meal Log

**Directions:** Use the charts below to record all of your daily meals and snacks for two days. Then, answer the essay questions that follow. Use additional sheets of paper if necessary.

**Part I: Record your daily meals.**

#### DAY ONE: MY DAILY MEALS AND SNACKS

Time	Foods Eaten	Are the Ingredients on the Ration List?

**List of Some Food Items Rationed During World War II:** Sugar, meat, butter, cheese, eggs, milk, tea, chocolate, canned milk, meats, fruits, and vegetables, cooking oil, dried beans, ketchup, baby food.

How many of your foods were on the ration list for Day One? \_\_\_\_\_



Name: \_\_\_\_\_

Date: \_\_\_\_\_

**DAY TWO: MY DAILY MEALS AND SNACKS**

Time	Foods Eaten	Are the Ingredients on the Ration List?

**List of Some Food Items Rationed During World War II:** Sugar, meat, butter, cheese, eggs, milk, tea, chocolate, canned milk, meats, fruits, and vegetables, cooking oil, dried beans, ketchup, baby food.

How many of your foods were on the ration list for Day Two? \_\_\_\_\_

**TOTAL NUMBER OF FOODS EATEN ON THE RATION LIST FOR DAYS ONE AND TWO:** \_\_\_\_\_



