

## LESSON PLANS & STUDENT ACTIVITIES

### ON THE HOMEFRONT: WARTIME IN THE KITCHEN

#### LEARNING OUTCOMES:

- Describe how war affects people on the home front
- Collaborate with other girl guides in an interdisciplinary, food-related activity
- Have fun!

#### ACTIVITY:

- Have girl guides read (in small groups or individually) the historical information about rationing and the home front on pages 3 & 4 below.
- Make a delicious and authentic 1940s recipe.

#### MODIFICATION:

- Encourage older guides to research and choose their own wartime recipe in groups. The girls can provide the food themselves or provide a basic shopping list to the group leader (or parent) Note: Wartime recipes are generally inexpensive. The food can be prepared at home or at the meeting area if facilities are available. The girls can then present the food item to their group along with historical information about the recipe.



#### Objectives:

*Our Intention is to educate Canadian Citizens so that they:*

- » *Appreciate the role of our military heritage in protecting Canadian interests, values and beliefs.*
- » *Understand the role our military history has had in shaping our country and the world.*
- » *Are inspired to be engaged and well-informed participatory citizens of Canada.*

**Historical Era: 1939-1945**

#### Intended Groups:

Sparks and Brownies (with adult support), Guides, Pathfinders, Rangers

*\* Activity can easily be modified for all grades and ability levels.*

#### RESOURCES REQUIRED:

- On the Homefront reading & Wartime recipe (provided)
- Ingredients and basic kitchen supplies (see below)

### Group Leader NOTES:

- Find out about and be aware of any allergies that any of the girls have before trying this activity.
- This activity can be completed in a room with large tables (provided the tables are cleaned and sanitized beforehand) or in a kitchen. Having an available oven is preferable because an end product is immediately available. However, if an oven is not available, the girls can make the tarts, place them on a baking sheet, cover, and refrigerate them. The group leader can then take the tarts home, bake them, and bring them to the next meeting.
- Be sure to explain expectations, safety considerations and the recipe to the group beforehand (project and/or print pages 3 & 4 below). Sparks and Brownies may need the steps modeled for them.
- Adjust the recipe amounts as needed beforehand so that the girls can create as many or as few as desired (enough for the entire group or one or two tarts per girl within a group). Consider trying the recipe at home in advance.
- Pre-measure ingredients or set up ingredient stations where one girl from each group can line up and measure the ingredient they need.
- Ensure all girls have clean hands before working with food.
- It is recommended that the girls follow the instructions on the recipe card in small groups (2-4 people).
- If the baking occurs immediately, clean up and debrief while waiting for the tarts to bake.
- Consider having a clean-up crew to wash and dry dishes if you only have access to one sink.

**\*Note: This is a failsafe recipe! Measurements are approximate only and can easily be adapted to get the right texture by adding more flour or water.**

### KITCHEN EQUIPMENT:

- Permanent marker
- Mixing bowl
- Muffin tin liners
- Muffin tin (optional, can be done with liner only using baking sheet)
- Measuring cup
- Butter ruler (optional)
- Spoon (tablespoon)
- Napkins to use as plates
- Cloths, sink and dish soap for clean up



During the Second World War (1939-1945) it was important to feed the people in Canada and the Canadians who were fighting battles in Europe. In order to make sure that everyone had enough to eat, the Canadian government started rationing food. Rationing means controlling what foods, and how much of a food, a person is allowed to buy. Butter, meat, sugar, milk, and coffee were some of the foods that were rationed during the War. If a person purchased more than their share of these foods, or sold someone more than their share, they could be fined or even put in jail. Even though rationing limited what and how much Canadians ate, most Canadians fighting in the war and at home in Canada ate more and better than they did before the War! This was because rationing made enough food available to everyone.

It was very important not to waste food during this period in history. People used leftovers to create other meals, like soups, and casseroles so that nothing would go to waste. Waste products from the kitchen, like grease and bones, were saved because these could be used to make glues and ammunition (bullets and shells), products that were needed for the War.



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Many Canadians also tended "Victory Gardens" in parks and in their yards. People grew vegetables so that less food had to be transported. This meant that less train cars were needed for food and could be used in other ways, like transporting products needed for the War.

By changing the way that they ate, all Canadians contributed to the war effort. When everyone contributes to war, it is called "total war." It is important to remember that this happened during the Second World War because it reminds us that even ordinary people can make changes and help an important cause.

**What important causes could you help by changing your actions?**

# Jam Tarts

## Ingredients:

Jam  $\frac{1}{4}$  Cup room temperature butter or margarine  
 $\frac{3}{4}$  Cup plain flour Water as required to soften dough

## Instructions:

1. Using a marker, write your name on the bottom of the muffin tin liners.
2. Preheat the oven to 350 degrees Fahrenheit.
3. Measure flour and butter/margarine and put into a bowl.
4. Using your fingers, mix the flour and butter/ margarine in a large bowl.  
If the dough sticks to your fingers, add a little more flour. If it does not form into a ball, add few drops of water until it is smooth and workable.
5. Take small handfuls of dough and press into muffin tin or liner.
6. Add a small dollop of jam into each pastry bowl. Do not overfill!
7. Place in over preheated to 350° for ~20 minutes.
8. Let the tarts sit on the tray until cool.

Enjoy!



Buying food using ration coupons in Toronto in 1943.  
Photographer: John Boyd.



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