



KS1

# Literacy Booster

## Theme of the Week - Rationing



### Activity 1 - Think

Look at the poster above. What has the man been doing? What vegetables can you see in the poster? Do you like eating any of these vegetables?

### Activity 2 - Explore

During the Second World War it was hard to get food. As there wasn't a lot to go round, people had to be careful with how much they bought and ate. This is a bit like during the first Coronavirus lockdown when it was more difficult to get some foods. Your parents might have found it hard to find all the food that you like.

A lot of the healthier foods like fruit and vegetables could be grown at home and so you could have as many as you liked.

Talk to your friends and parents about what foods are healthy. What foods would you most like to grow at home?



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## Activity 3 - Create

Draw and label your three favourite healthy foods.

During the war, posters were used to encourage people to eat fruit and vegetables. Make a poster to encourage your friends and family to eat healthy foods during lockdown.

Remember:

- You need a title in big writing
- Draw a fun and eye-catching picture
- You might want to come up with a character like in adverts
- Write one or two sentences at the bottom, telling people why they should eat healthily.



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## Activity 4 - Do

Grow your own cress



- Get some cress seeds
- Take some tissue or cotton wool and get it nice and wet
- Place it in a container or on a dish
- Sprinkle the seeds over and gently press them into the wet tissue or cotton wool
- If using a container, put cling film over the top to stop moisture escaping. Remove before the leaves touch the top.
- Germination is fast - in just a few days shoots should appear
- Within five to seven days the shoots will be long enough to snip off and can be used in salads and sandwiches
- You could keep track of how well your cress grows by drawing and writing about it every day
- Take some pictures of your finished crop or even of a meal you make with your cress. Get your parents to help share it with your friends and the RAF Museum on social media (@rafmuseum).



Well done!