



Holocaust

Food Rations for one week

	Prisoners	Me
Bread		
Meat		
Sugar		
Fat		

I have read that prisoners received from 350 to 1,700 calories a day based on how much labor they did – they needed more food to work harder – and also based on how long the war had been going on. As the war dragged on they were fed less and less. They should have had from 2,000 to 3,000 calories, but of course, the Nazis didn't care if they did.

How many times more food do you eat compared to the prisoners?

(Divide your amount by the prisoner's amount. Round to the nearest whole number – or use the number before the decimal point. You can use a calculator.)