

A' Adam's Bairns?

Student Sheet

Unit 1 Sources & Evidence > Questioning sources as evidence > Apartheid

People were imprisoned on Robben Island during Apartheid rule in South Africa. They were mainly political prisoners, with Nelson Mandela probably being the most famous of them – he spent 27 years there. This is a table of the diet to be given to prisoners on Robben Island, South Africa, 1970.

ITEM DAILY	WHITES	PEOPLE OF COLOUR	AFRICANS
Miele meal or miele rice or samp	4 ounces*	14 ounces	12 ounces
Mieles	-	-	8 ounces
Bread	20 ounces	8 ounces	-
Meat or fish	7 ounces	6 ounces (4 x weekly)	5 ounces (4 x weekly)
Dried beans	-	4 ounces (meatless days)	4 ounces (meatless days)
Vegetables	16 ounces	8 ounces	8 ounces
Soup/Protone /gravy powder	1 ounce	4/5 ounce	4/5 ounce
Fat	1 ounce	1 ounce	½ ounce
Milk	3 ounces	-	-
Coffee or tea	Twice daily	Twice daily	Once daily
Puzamandla**	-	-	17/9 ounces
Salt	1 ounce	½ ounce	½ ounce
Sugar	2 ounces	2 ounces	1 ½ ounces

*One ounce is equal to approximately 28 grams

**A type of porridge – basically breadcrumbs mixed with water