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A SOCIAL HISTORY OF FOOD



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- Differences and Similarities
- Who has the Healthiest Diet?
- Social History of Food Timeline
- Extra Activity Ideas



Puzzles

- Hunter Gatherer Crossword
- Roman Britain Word Search
- Tudor Crossword
- War Time Word Search
- Modern Day Diet Word Search



Recipes

- Stone Age Muesli
- Honey Omelette (Roman)
- Fish in Herb Sauce (Roman)
- Lentil Pottage (Tudor)
- Eggless Sponge (War Time)
- Carrot Cookies (War Time)
- Burger and Chips (Modern Day)
- Chicken Curry (Modern Day)



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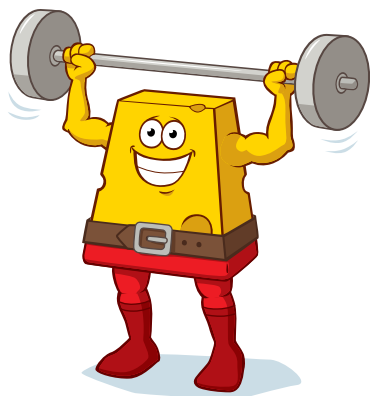
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A Social History of Food

This book focuses on five periods through time; Stone Age Britain; Roman Britain; Tudor Times; World War II, and; the Modern Day Diet.



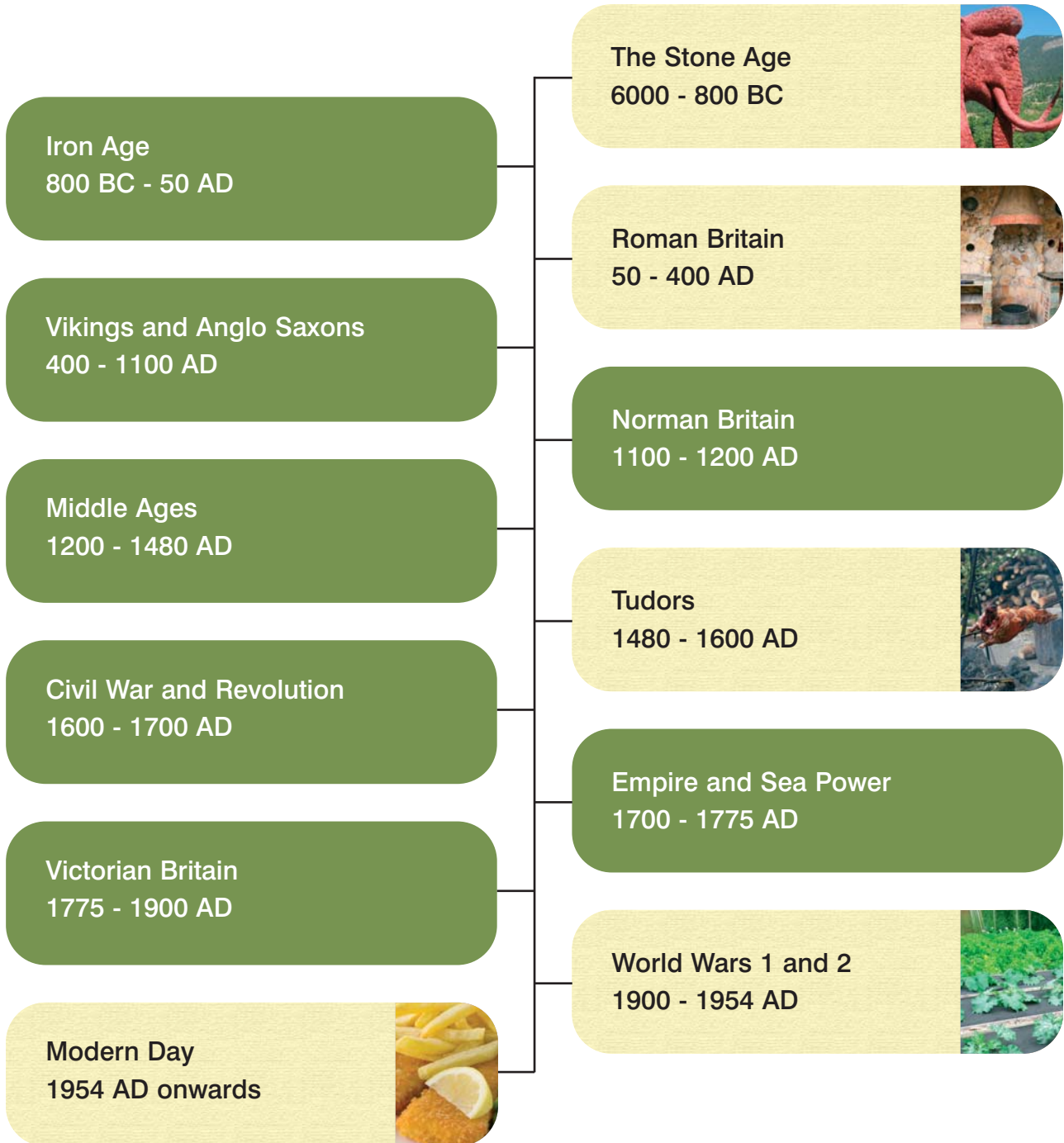
The book explores different dietary patterns and eating habits of people living in each of the five eras. Recipes, puzzles and additional activities are all included within the book to help children to further develop and expand their knowledge.

The book is aimed primarily at Lower Key Stage 2 pupils but can be used for upper Key Stage 2 if desired. The relevant QCA Topic Links and National Curriculum Links have been highlighted below for ease of use within the classroom setting.

	Art and Design	Citizenship	Design and Technology	History	PSHE	Science
QCA Topic Links	Unit 4B	Unit 5	Unit 3B	Unit 8 & 9	N/A	Unit 3A
National Curriculum Links	5	3	1 & 2	1, 2, 4, 5, 8, 9, 10, 11B	3	N/A

Timeline

This diagram shows a timeline through history. Those times highlighted in yellow are described in more details throughout the book.



Stone Age Britain

In prehistoric times people had to find their own food to survive there were no shops like there are today. They did this by hunting fish and animals (mammoths, bison's and horses). Groups of people used to kill animals in herds and meat would then be shared out between them. The meat of some animals could feed up to 50 people.

Cooking equipment and methods

Hunter gatherers used different tools depending on where in the world they lived. Mainly people would use the skin, bones and antlers of animals to make their weapons. Flint was used for making sharp points for arrows and spears.

1. Australians would use stone tipped spears to kill animals.
2. Eskimo's used walrus tusks and the bones of animals to make weapons.
3. In Europe the skin and bones of animals were used to make tools and weapons.
4. In Africa people used hand axes made from two sharp cutting edges of flint used for killing animals more efficiently



Many plants were poisonous so deciding what to eat was a case of trial and error and if toxic may have resulted in death!



DID YOU KNOW?

5. In the Arctic harpoons made from antlers were used as weapons to kill animals. These had notches carved long one edge with both edges sharpened. The notches meant the harpoon would not easily slip out of the animal if it tried to get away.

About 1.6 million years ago, early man learnt how to use fire. This meant, amongst other things, that instead of eating raw foods they could now cook their meat and plants.

Food preservation

Food wasn't always available during the Stone Ages so people had to hunt and gather it and store excess food in case periods came when food was in short supply. Unlike today, they couldn't store food in fridges or freezers or can food to keep it fresh. To keep food cold it was often hidden deep inside caves and in colder areas such as in the Arctic food was stored within the ice to keep it fresh.

A healthy diet?

The hunter gatherer diet consisted mainly of meat, especially the organs of animals which they hunted and killed. They would also gather plant foods such as edible roots, nuts, wild barley and oats, and honey. The hunter gatherers had to learn which plants were poisonous and which foods were safe to eat. Their diet lacked dairy products and starchy carbohydrate foods such as bread. People managed to eat plenty of fat from the animal meat though and this fat was an important part of their diet as it provided a lot of energy. This was important because in those days people couldn't be sure when or where their next meal was going to be.

Farming

Hunting and gathering food was dependent upon weather, local conditions and luck. If the weather was bad or food supplies ran out, people could starve. Once the ice age passed the climate changed and people realised they could grow their own foods using the seeds of plants that they ate. Animals such as the mammoth became extinct which meant people had to find alternative ways to get food. Farming gave people more control over their own food supply and also provided them with a more reliable food source.

Early man cleared the land by hand using stone or wooden hand tools to make it possible to plant seeds to grow plants. The first seeds which were farmed were wild grasses, especially Einkorn wheat and Emmer. However people did go on to grow maize, barley, millet, soy beans and rice but what people grew was dependent upon where in the world they lived.



At the same time as growing crops people soon began to herd wild sheep and goats. This provided people with milk as well as wool and meat. Over the years this developed further and people began to keep pigs and cows too.

Tools used for farming varied according to location but axes were a common tool. These were made from flint which provided a good cutting point. Other tools used for farming include ploughs which were pushed by hand, hoes and spades which were used to cultivate fields.

Those people who lived near the sea made good use of the food supply available. Seals provided meat for food but also skin and bone for weapons. Shellfish such as oysters and whelks also provided nourishing food



Roman Britain

In 50 AD Roman soldiers came over to Britain to make it part of their Roman Empire. The Romans found the land in Britain very different to back home and once the Roman armies finally took over Britain they built cities, temples, villas and market places. The Roman Britain period lasted until 400 AD.

Cooking Equipment and Methods

The kitchen equipment used in Roman Britain was not so different from what we use today including colanders and saucepans. A hearth made of stone was used to cook foods on. Charcoal was placed on the hearth and the cooking was done on grid irons or tripods which supported the cooking pot made of bronze or earthenware. Sand was used to clean metal kitchen equipment but dishes made from earthenware would need regular replacement as they could not be cleaned.

When food was roasted or baked, an oven was used which was made out of rubble and tiles. Charcoal or wood was burnt inside until enough heat had been generated. The ashes were then swept out of the oven and the food was put in to roast / bake.



Knives and spoons made from iron with bone or wooden handles were used in food preparation. Other cutlery used to prepare food included iron bladed cleavers, pastry cutters and pestle and mortars which were also used to grind up different spices. Spices which were a large part of the diet and were kept in storage pots in the kitchen.

A common sauce used in cooking was liquamen made from rotting fish guts, herbs and plenty of salt which was used in the cooking of strong flavoured fish dishes.



DID YOU KNOW?

Food Preservation

Keeping food fresh was hard for Romans as there were no refrigerators so food often went stale or rotten. Meat which was beginning to go off was cooked first in milk and then in water to sweeten the taste. Honey which was beginning to turn rotten was mixed with good honey to sweeten it and to prevent wastage.

A healthy diet?

The diet of the rich and poor was very different in Roman times. The poor native Britons ate a diet which mainly consisted of bread and bean or pea broth. Occasionally meat would be added to the dish but not very often!

The richer people of Roman Britain would eat freshly made bread, home grown vegetables and fruit such as apples, pears and cherries. They would also rear their own pigs and sheep and they would eat plenty of wild fish and game. Cheese especially smoked cheese was commonly eaten. Romans also ate plenty of honey which was used as a sweetener for foods and a preservative for meat.

Food wasn't always fresh when eaten, so herbs, spices and sauces were used to cover up the taste. Herbs and spices included bay leaves, parsley, rosemary, sage, peppercorns, cinnamon, cumin and ginger. Not only did the herbs and spices disguise the taste of food, they also showed off the expense and time at which the host had gone to prepare the meal.

Health in Roman Britain

Romans often suffered from lead poisoning as a result of the over use of lead lined cooking pots. Symptoms of this illness



included loss of appetite and a metallic taste in the mouth, using large amounts of herbs and spices helped to disguise this taste.

Native Britons suffered dental problems early in life due to the texture of their diets but also because of the lack of vitamins and minerals needed to help keep their teeth healthy.

Celebrations

The evening meal of the wealthy was served in the triclinium (dining room). Dining was often turned into a party by the wealthier Romans. Guests would lie on wooden couches and prop themselves up on striped cushions stuffed with straw. Eating in this position was thought to aid digestion.

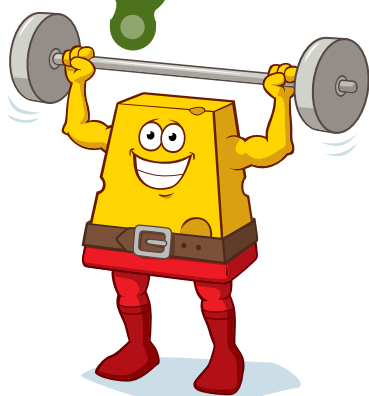
Spoons and knives might be used to eat with, but most of the time people ate with their fingers meaning dinner could become very messy! Muslum was a common drink at dinner parties which was a combination of cheap wine, honey and water. The entertainment of the evening included poetry, music, jugglers and clowns and sometimes even gladiator fights.

The first of the 3 courses eaten at meal time was called the gustatio or taster. This might include dishes such as snails, fruit and nuts, cucumber salad, French beans with chickpeas, hard boiled eggs and shellfish especially oysters.

The main course or primae mensae would include roasted meat such as peacock or roast boar. They would also eat sows udders, dormice, snails fattened with milk, pigeons, oysters, ham, pheasants and chicken. Vegetables which they ate at the table included peas, leeks and onions. These dishes would be placed on the table and guests would help themselves.

The final course, mensa secundae included puddings such as honey cakes or fruits. This course had to be quite light as at this point all the guests were full to bursting!

Romans stuffed roast boars with live birds which flew out of the boar when its stomach was cut open to be eaten!



**DID YOU
KNOW?**

Tudor Times

Tudor times ran from 1480 to 1600AD and were followed by the Stuart Period. Famous people from Tudor times include Henry VIII, Christopher Columbus, Mary Queen of Scots and Sir Francis Drake.

Cooking Methods and Equipment

The kitchens in Tudor times were often hot and smoky. The cooks worked very hard and had to carry out all of the kitchen chores by hand as they didn't have the equipment we have today. Food was generally cooked in a pot which hung above an open fire in the kitchen. To adjust the heat of the fire a ratchet hanger was used which moved the cooking pot further or nearer to the flames. Spits were also used to cook meats or poultry. The spits had to be turned regularly to ensure even cooking.

Brick ovens were also used for baking. A fire would be lit in a brick built oven until the bricks were hot enough. Pies and breads would then be put in the oven and baked from the heat of the bricks.

People ate food with their fingers which meant it was important to keep hands clean as people would dip meat in shared bowls of sauces.



Plates weren't used in Tudor times, instead stale pieces of bread were used called Trenchers.



DID YOU KNOW?

Food Preservation

As there was no fridge to store meat in, it was salted, pickled or smoked to keep it fresh for longer. In winter people ate a lot of salted meat and dried food products such as pulses and beans which could be stored in pantries.

A Healthy Diet?

Bread was a common food in Tudor Britain. Poorer people ate Carters Bread which was made from rye or barely and sometimes mixed with wheat. The richer people in society ate bread made from wheat with a little wheat germ and bran added, this was a creamy yellow colour and was called Manchet Bread.

Meat was a luxury for the richer people in society who ate beef, pork, veal, rabbit, swans and poultry. The meat they ate was often hunted, a sport which wealthy people carried out a lot. Poorer people didn't often eat meat, when they did it was usually pork or meat from animals which they reared. Rich people often ate different varieties of fish caught by fishermen, including cod, salmon, haddock and trout. The poorer people often risked stealing fish from rivers to eat.

A common food eaten amongst the poorer people was pottage. This was a stew or soup made from beans, peas and vegetables such as cabbage, onions, leeks and carrots which people grew in their gardens. The poor people ate a lot of seasonal vegetables, but richer people didn't like or eat vegetables because they thought they were bad for you because they made you windy!

Rich people added spices to their cooking to add extra flavour. Fruit was eaten by the rich and poor and was added to many meat dishes but doctors advised it should be eaten raw as they believed it could cause illnesses when cooked.

Only the poor ate milk, butter and eggs as these were classed as 'inferior' foods. Poorer people often kept hens to collect eggs for eating. Milk, butter and eggs all provided a good nutrient source and income when sold at market for poorer people.

The poor and the rich used different products to sweeten their foods. The poor used honey collected from bee hives kept in their gardens, but sugar was more expensive so this was used only by the rich people.

During the Tudor times no one drank hot drinks or water. The water available in those times was very dirty so people refused to drink it as it made them ill. Instead people drank ale, even the

Rich people ate so much sugar they developed black rotten teeth. In fact it was considered a sign of wealth to have black teeth!



DID YOU KNOW?

children! This was made from barely, yeast and water.

Health of Tudors

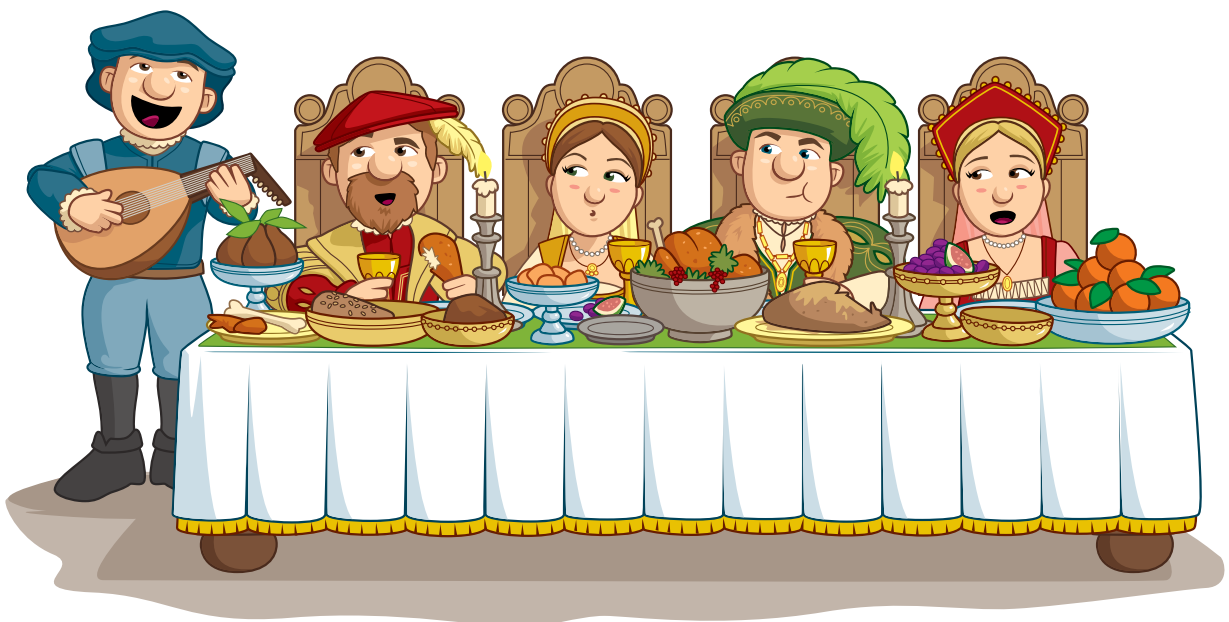
The poorer Tudors suffered from a lack of food especially in the winter time due to poor weather conditions. In extreme cases people would often die of hunger.

The rich Tudors believed fruit and vegetables were inferior and therefore only suitable for the poor. As a result rich people in Tudor times suffered from scurvy, and had bladder and kidney infections due to a lack of vitamins and minerals found in fresh fruits and vegetables.

Celebrations

Religion controlled many of the eating habits throughout the year during Tudor times. In Britain most people followed Christianity. Certain days within the Christian calendar dictated that people should have meat free days and these were called Fish Days or Fast Days. During the Holy days such as Christmas, Easter and Sundays, people could eat as much food as they wanted. Once they had been to church they spent a lot of the day drinking.

Feasts were held by the richer people in society. Holding a feast showed off an individual's wealth and good taste. Some feasts could last up to 7 hours and included up to 10 different courses! Entertainment at the feasts was provided by actors and musicians.



World War II

The Second World War lasted 6 years from 1939 – 1945 and began when France and Britain declared war on Germany. Many changes occurred during this period that altered peoples lives, but one major change in Britain was the amount and type of food which was available for people to buy.

Before the war

Before the war began, about 2/3 of all the food eaten in Britain came from abroad via ships. Once the war began German U boats started sinking these ships that were carrying food supplies. The British government worried there wouldn't be enough food for everyone and so rationing was introduced. This made sure everyone got an equal share of the food available and that no one went hungry.


Rationing

Rationing began in January 1940. To begin with only certain foods were rationed such as sugar, bacon, ham and butter. Everyone was given a ration book – even Royalty!! When people bought foods from shops their ration books were stamped and they would pay for their produce. Once their ration book had been stamped people could not buy any further rations until the following week. As time went on more foods became rationed, including meat, tea, sugar and fats. Potatoes and bread were not rationed because these provided people with plenty of energy; but people were encouraged not to be wasteful with these foods.

In 1941 a new points system was introduced. Each month everyone was given 16 points which they could use to buy foods along with their weekly rations. The foods which were allocated points were those foods which did not rot as easily or which were thought of as not as essential such as tinned meat, fish and biscuits. Eggs also became rationed and dried eggs were supplied instead.

Dig for Victory

Because the German U boats had been sinking the ships importing food to Britain the government knew it was important to start encouraging people to grow their own fruit and vegetables, so a campaign called Dig for Victory was developed. People were encouraged to use every spare bit of land to grow their own vegetables. The campaign was very successful and people even used the roofs of their air raid shelters to grow vegetables! People were also encouraged to keep chickens for eggs and goats for milk.



Rich people ate so much sugar they developed black rotten teeth. In fact it was considered a sign of wealth to have black teeth!

**DID YOU
KNOW?**

Many women and children helped in growing food especially on farms whilst all the men were away fighting in the war. Children helped in harvesting foods especially potatoes and the women helped to milk cows and to plant and harvest crops.

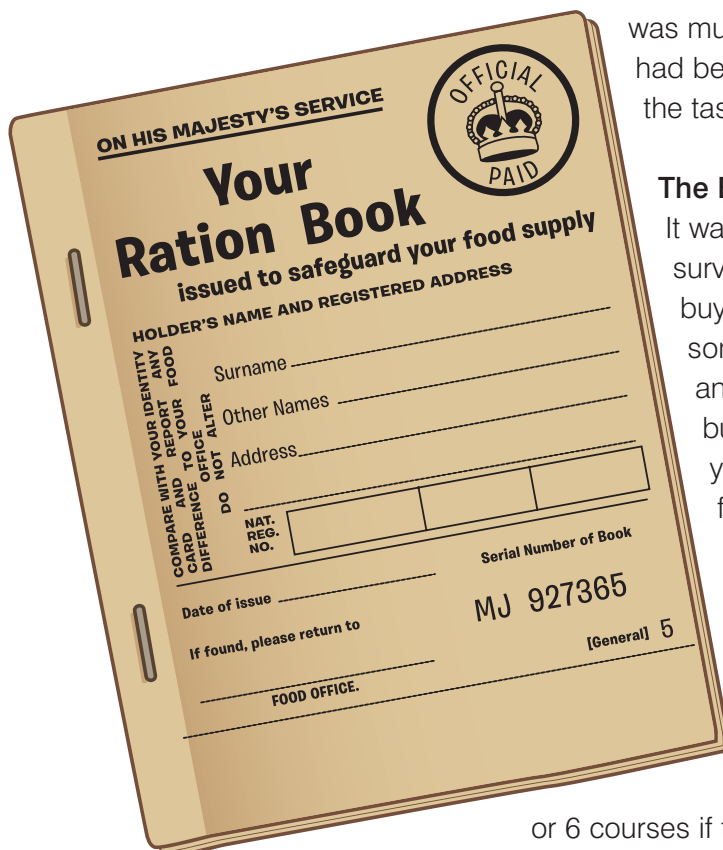
People were encouraged to eat plenty of carrots and potatoes. Carrots were full of vitamin A which was good for your eyesight and potatoes were full of vitamin C which helps people to stay healthy. New recipes were invented for people to include carrots and potatoes into the diet more.

Health of war time Britons

Before the war many people couldn't afford to buy food because they were unable to find paid work. Many people in Britain suffered from malnutrition before the war, this means that they weren't getting enough energy or enough of the vitamins and minerals needed to stay healthy.

The government thought it was really important to keep everyone healthy through the war time period so that the men could fight in the war, and so that the women and children could help on farms and in factories. Children and pregnant women were given extra vitamins (in the form of vitamin drops) to help them stay healthy. Extra vitamins were also added to foods during processing (this is called food fortification and still happens today) to ensure everyone was eating a healthy diet.

The Second World War also saw the introduction of brown bread which was called the National Loaf. This bread was much healthier than the white bread everybody had been used to, but people didn't like the look or the taste of brown bread to start with.



The Black Market

It was very hard for some people and families to survive on food rations and so where they could buy extra food supplies they would. Food was sometimes stolen from warehouses or lorries and then sold to those people who wanted to buy extra. This was called the Black Market. If you were caught stealing food or buying food from the black market you could be fined or put in jail for up to two years!

Eating out

To avoid using up valuable rations people could eat out in restaurants where food was not rationed. In the early years of the war people could eat out choosing up to 5 or 6 courses if they wished! However in 1942 restaurants

were limited to serving just one main meal per person.

Those people whose homes had been bombed often visited British Restaurants. These were restaurants which were set up by the government and allowed people to get a cheap meal

The End of Rationing

Even after the war ended in 1945, rationing still occurred because even though food could now be safely imported to Britain again, land in foreign countries had been destroyed during the war and many crops had been ruined. Rations did get smaller over time until 1954 when it finally ended.

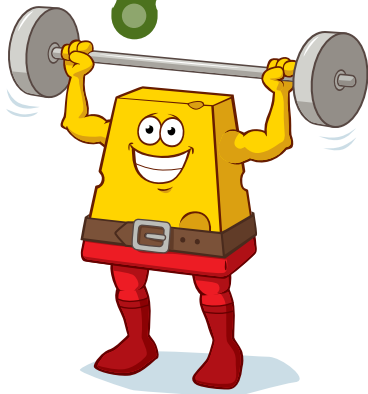
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**DID YOU
KNOW?**



The most popular meal in England today is curry!



DID YOU KNOW?

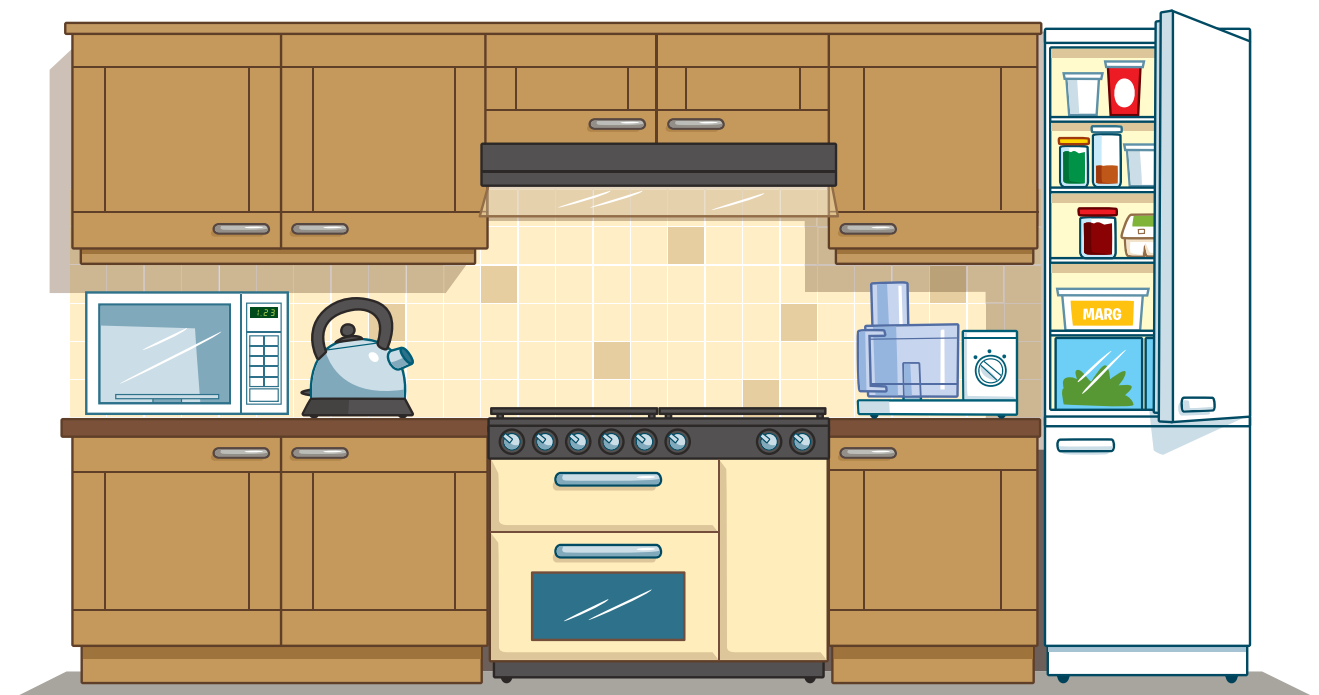
The Modern Day Diet

Cooking methods and equipment

Cooking methods have been made much easier and quicker over time with special kitchen appliances such as cookers, microwave ovens, fridges, freezers, toasters and kettles. Where previously people would have spent a long time in the kitchen preparing foods we can now buy pre-made foods such as microwave meals and pre-prepared vegetables which can be ready in minutes.

The development of the food industry over the past 20 years has allowed food to be produced on a huge scale. Producing food on this kind of scale has meant that we can now access food much more easily and cheaply than ever before. Food is also much more processed than it ever was, so now for example we don't have to make our own bread because it comes ready made! We don't have to spend hours in the kitchen making our own soup because we can buy it in a can and cook it in the microwave for just a few minutes!

Some people still like to spend time cooking using the fresh raw ingredients and don't use ready prepared foods but we now have plenty of kitchens gadgets and gizmos that make this easier and quicker too! Gadgets like food processors, electric whisks and blenders.



Carrying too much weight is bad for our body so we should try and keep our weight to a healthy level by being active daily and eating a healthy balanced diet.



DID YOU KNOW?

Food Preservation

Advancements in the kitchen have made food storage much easier. Almost everyone today in Britain has a fridge and freezer in their homes, this means that food can be kept fresher for longer. Canning, dried and packet foods are also common methods of preserving food such as tinned fish and tinned fruit and vegetables; dried beans, lentils, pasta and rice and packet foods such as packet pasta and rice meals and packet mashed potato. These methods of food preservation mean foods can be stored for longer without the concern of foods rotting and spoiling.

A healthy diet?

In modern day Britain we get food from loads of different places, including hypermarkets, supermarkets, greengrocers, butchers, bakers and corner shops, as well as more specialist shops like health food shops and International Supermarkets. We also eat out more now using restaurants and fast food outlets, and takeaways and delivery services bring freshly cooked food straight to our doors! Because of the improvement and advances in international travel and transport links, as well as refrigeration and food preservation methods, we now enjoy food from around the world on our doorstep! We've never had such choice and varieties of food available as we do today.

This variety and availability of food should mean that modern day Briton's eat a fantastically healthy diet, with lots of different varieties of food including breads, cereals and potatoes, plenty of fruits and vegetables, milk and dairy products, as well as meat and fish, and this is true for some people. But for others the increase in availability of cheap, highly processed foods has meant that they eat too much high fat and sugary foods and drinks, as well as too much salt, from foods such as burgers, chips, ready meals, takeaways and pre-packaged foods.

Modern day Briton's also eat larger portions of food now than they ever have done. It is common to order super size portions when we go to fast food outlets or to buy jumbo bags of crisps or king size chocolate bars, all of which contain more fat, sugar and salt.

Health of Modern Day Britain

For a variety of reasons, including better diets, better medicines and better hygiene, people can now expect to live longer than we ever have done and to experience better health throughout our lives. But things are changing and as a result of eating too much over-processed, high fat, sugar and salt foods, and doing less and less exercise, people in modern day Britain are becoming more and more overweight or even obese.

Being overweight and obese can lead to the following problems:

1. Heart disease – too much fat and salt in the diet can cause heart attacks or strokes
2. Cancer – an unhealthy diet of too much fat, salt and alcohol can cause some cancers
3. Diabetes – an unhealthy diet means you may have to take medication to keep you blood sugar levels steady
4. Tooth decay – too much sugar in the diet cause our teeth to rot and holes in our teeth can develop.

Celebrations

There are many occasions when very particular foods are eaten in celebration of something, for example:

On Shrove Tuesday we traditionally eat pancakes to use up milk, eggs and flour before Lent where Christians give up certain food items.

On birthdays we eat birthday cake and if we have birthday parties 'party food' is often eaten, such as sausage rolls, sandwiches, crisps, cakes and biscuits.

At Christmas time we traditionally have turkey, stuffing, 'pigs in blankets' and Brussels sprouts followed by Christmas pudding and Christmas cake.

At Easter we eat Easter eggs to represent new life and celebrate the resurrection of Jesus from the cross and we eat hot cross buns as the cross signifies the crucifix Jesus died on.



Differences and Similarities

Think about the modern day diet which we eat today. How does the diet today compare to the diet of other people throughout history. Write down the differences and similarities in the table below.

	Differences	Similarities
Stone Age Britain		
Roman Britain		
Tudor Times		
World War II		

Who had the Healthiest Diet?

Reading through the notes from the book, which age in history had the healthiest diet? Try and think about the PhunkyFoods Plate of Health when completing this activity.

	Stone Age Britain	Roman Britain	Tudor Times	World War II	Modern Day
Bread, other cereals and Potatoes					
Fruit and Vegetables					
Milk and dairy products					
Meat, fish and alternatives					
Fatty and sugary foods					

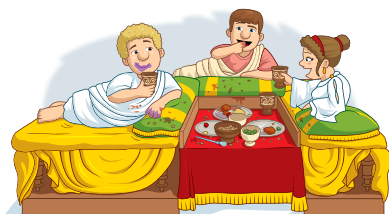
Social History of Food Timeline

Let the children create their own history timeline. Children should draw / paint a scene from each of the different ages. Ideas include:



Stone Age:

- The types of food eaten
- People cooking food over an open fire
- The tools used to catch food



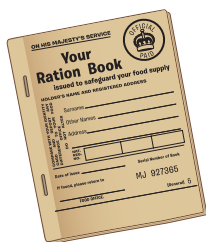
Roman Britain:

- A banquet
- The types of foods eaten
- Some cooking utensils / equipment



Tudor Times:

- Food people ate
- A dinner table scene
- A menu board of daily food



War Time Diet:

- Utensils or equipment used
- An example of a ration book
- Posters promoting dig for victory



Modern Day Diet:

- Food the children like to eat
- Different celebrations where food is eaten
- Utensils / equipment used for cooking

Create a timeline which is broken down into the 5 eras and hang it along a length of wall within the classroom / school hall. Mark each era with the relevant title and dates. Ask the children to stick their images to the timeline.

Ask the children to annotate the timeline putting on relevant facts or ask them to research further facts about each of the different eras to put onto the timeline.

Recipes

Stone Age Recipes

Stone Age Muesli

Wheat (grinded)
Apples
Carrot
Hazelnuts
Berries
Honey to sweeten

Take a selection of the above ingredients and mix together. Add honey to sweeten. Traditionally this muesli would be eaten from a clay pot with hands or a wooden spoon.

Roman Britain Recipes

Honey Omelette

4 eggs
1 pint milk
1 tablespoon olive oil
3 tablespoons honey
Pepper to taste

1. Mix together the milk, eggs and half of the oil
2. Pour remaining oil into a frying pan and heat
3. When the oil is hot add the egg mixture
4. Cook until the eggs appear fluffy and turn the omelette out onto a plate
5. Warm the honey and pour it over the omelette
6. Sprinkle with pepper and serve.

Fish in herb sauce (serves 4)

4 cod steaks
2 tablespoons olive oil
3 tsp ground cumin
1 handful fresh parsley OR 1 tsp dried parsley
1 handful fresh thyme OR 1 tsp dried thyme
1 handful fresh oregano OR 1 tsp dried oregano
Pinch sea salt
Water

1. Finely chop the fresh herbs if using.
2. Add the herbs, a few tablespoons of water, olive oil, cumin and sea salt into a large Pyrex dish and mix well.
3. Add the cod steaks and coat them in the mix to cover either side
4. Cook in the oven at 150°C / Gas mark 3 for 20minutes or until cod is cooked.

Tudor Recipes

Lentil Pottage

2 teaspoons oil
2 cloves of garlic
4 pints water
4oz bread crumbs
1 medium onion (whole)
2 leeks (whole)
2 sticks celery (whole)
420g lentils
Salt and pepper to taste
Few saffron strands

1. Place the vegetables and garlic whole into a large pan and boil for 10 minutes.
2. Drain the water from the pan and cut the vegetables into large chunks.
3. Add the water and the lentils to the pan with the chopped vegetables. Simmer until the vegetables are soft
4. Stir in the breadcrumbs, saffron and plenty of seasoning, boil for a further 2 – 3 minutes.

War Time Recipe

Eggless Sponge

150g self raising flour
1 teaspoon baking powder
65 margarine
50g sugar
1 tablespoon golden syrup
1 pint milk
Jam for filling

1. Sift the flour and the baking powder
2. Mix the margarine, sugar and golden syrup until light and soft
3. Add a little flour and a little milk and mix well
4. Continue adding the flour and milk until the mixture is smooth
5. Grease two 18cm cake tins and sprinkle them lightly with flour
6. Divide the mixture between the two tins and bake for 20 minutes on gas mark 6 / 200°C or until the cake is firm to touch.
7. Tip the cakes carefully out of the tins and spread one cake with jam and cover with the other cake to create a 'sandwich'

Carrot Cookies

1 tablespoon margarine
 2 tablespoons sugar
 Few drops of vanilla, almond or orange flavouring
 4 tablespoons grated raw carrot
 6 tablespoons self raising flour
 Extra sugar to sprinkle on top of cookies

1. Mix the margarine and sugar together until light and fluffy.
2. Beat in the flavouring and grated carrot
3. Gently stir in the flour
4. Line a baking tray with greaseproof paper
5. Drop spoonfuls of the mixture onto the paper
6. Bake in the oven for about 20 minutes on gas mark 7 / 220°C

Modern Day Diet**Burger and Chips**

This commonly eaten food can often be high in fat and salt however this recipe provides a healthy alternative

For the chips

1 potato
 1 tsp mixed herbs
 Pinch chilli powder
 1 desert spoon olive oil

For the burger (makes 1)

200g mince
 1 onion, peeled and diced
 1 clove garlic, crushed
 1 tsp dried mixed herbs
 Pinch of black pepper

Extra's

Wholemeal bread buns
 Salad

1. Cut the potato in wedges and place into a Pyrex dish
2. Add the oil, chilli and herbs and mix well so the potato wedges are fully coated.
3. Place in a preheated oven (180° / gas mark 5) for 30 minutes or until soft
4. Whilst the chips are cooking, add the mince, onion, garlic, herbs and black pepper into a bowl and mix well

5. Shape into one large, or two smaller burgers
6. Heat a frying pan and add the burger (s). Cook on each side for approximately 8 minutes until the mince has browned
7. Serve the burger(s) in wholemeal bun(s) with a small amount of mayonnaise / ketchup.
8. Add a side salad and the wedges and serve!

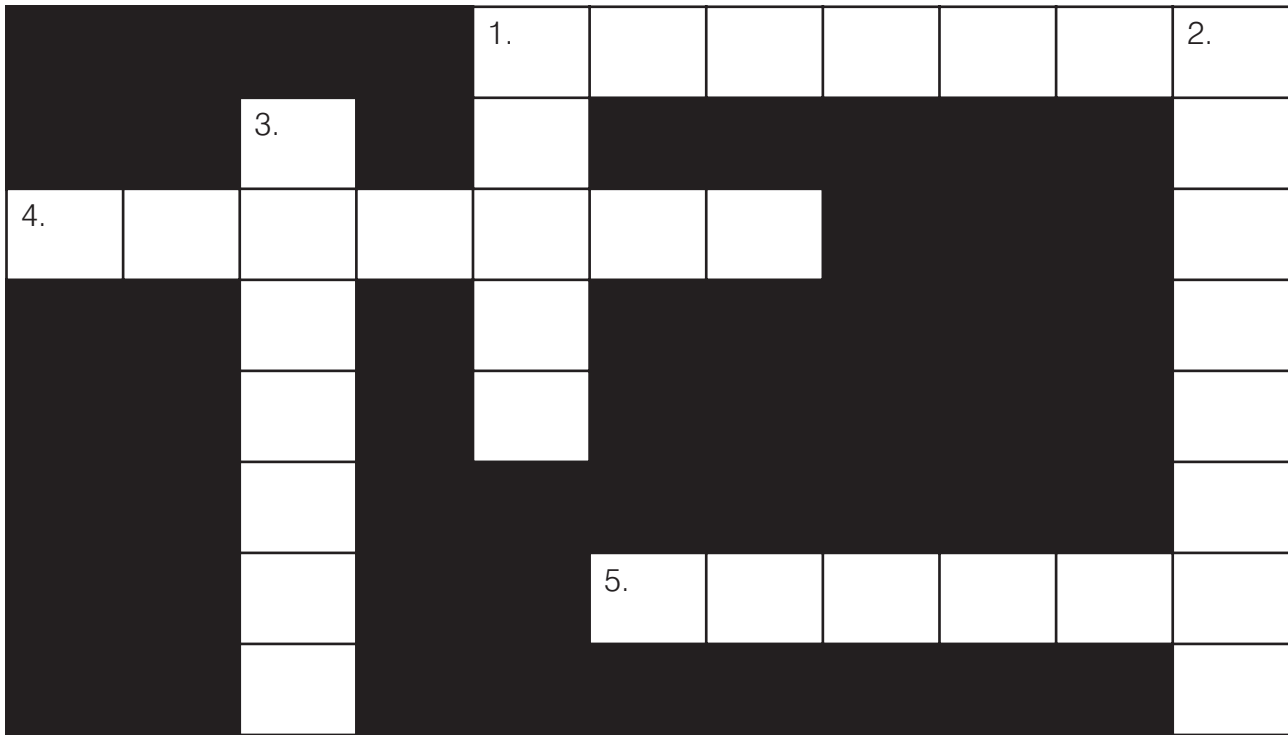
Chicken Curry (serves 4)

Coriander (handful of fresh)
 1 tsp Cumin
 2 inch piece of ginger
 1 clove of garlic
 1 tsp turmeric
 1 tsp cayenne Pepper
 Pinch black pepper
 3 – 4 chicken breasts
 1 420g tinned tomatoes
 1 red onion
 2 tsps olive oil
 150g crème fraiche
 200g rice (dry weight)

1. Cook the rice as per the instructions on the packet.
2. Cut the chicken breasts into small chunks.
3. Add the oil to a large wok and heat, add the chicken chunks and cook until all pieces are white. Remove from the pan.
4. Add the garlic, ginger and onion to the wok and fry until the onions become translucent.
5. Add the cumin, turmeric, cayenne pepper and black pepper to the pan and mix thoroughly. Add the cooked chicken pieces and coat well with the spice mix.
6. Add the tinned tomatoes to the wok. Simmer for 10 minutes
7. Add the crème fraiche and coriander and stir well.
8. Serve on bed of rice.



Stone Age Crossword



Across

1. This was introduced after the ice age as a way of allowing people to grow their own food. (7)
4. This is the name given to the method whereby people killed their food (7)
5. This climatic event killed off some animals and also changed the climate so farming could become possible. (3,3)

Down

1. This was a type of material used to make weapons and tools (5)
2. This was the name of a person who collected fruit, nuts and plant foods (8)
3. _____ were the main source of protein in the hunter gatherer diets (7)

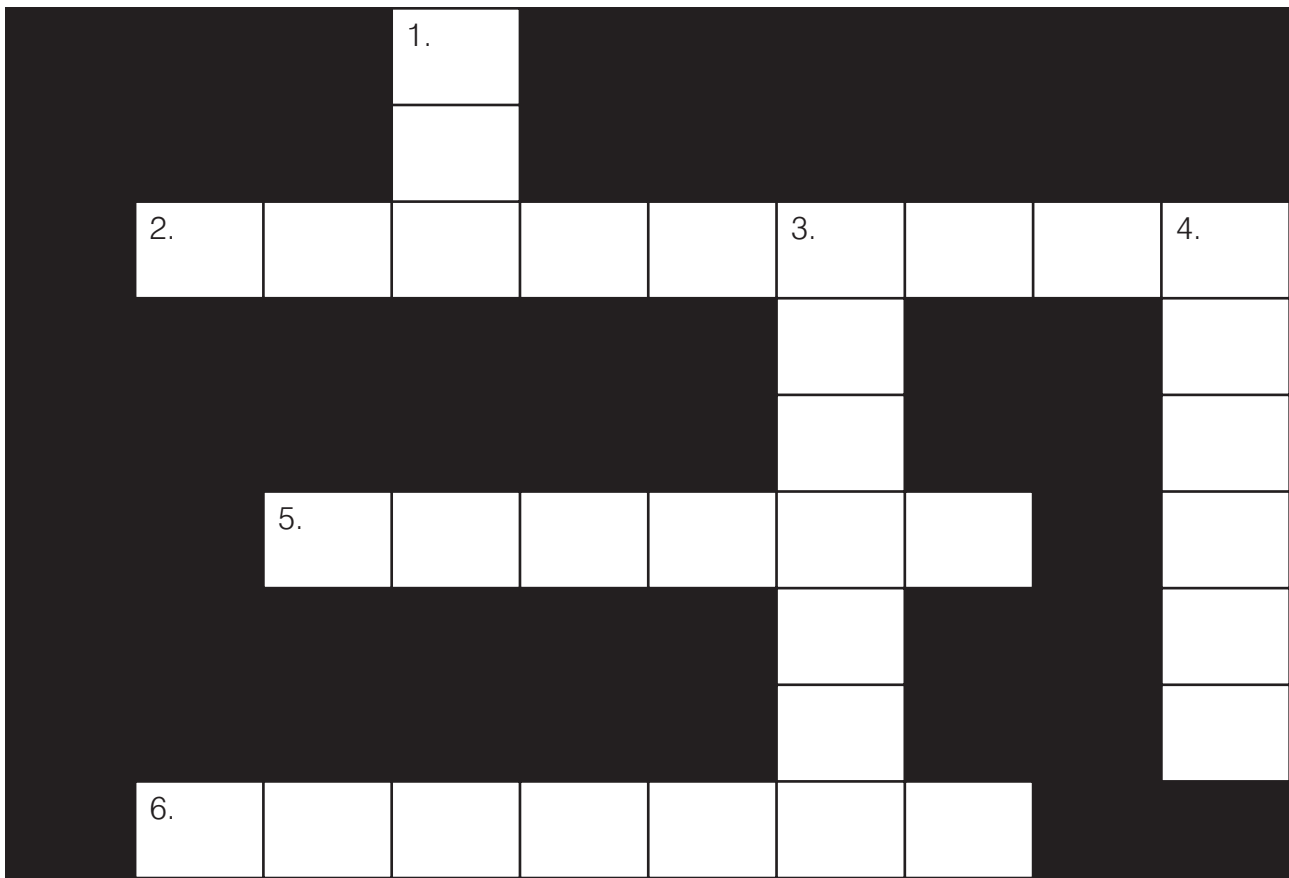
Roman Britain Word Search

Can you find the highlighted words in the sentences below in the crossword below?

c	h	i	s	p	e	a	b	s	b	r	e	h
e	l	r	d	s	a	m	u	q	e	l	n	a
g	s	e	m	p	o	t	l	i	n	s	o	q
u	r	o	l	i	q	u	a	m	e	n	n	h
y	e	d	j	c	a	i	s	e	t	a	n	l
q	l	s	r	e	y	g	e	u	f	i	b	s
c	g	i	e	s	p	g	r	o	m	l	r	y
e	g	l	e	t	r	a	p	i	l	s	c	y
j	u	g	h	o	n	e	y	m	o	d	u	l
u	j	l	e	n	c	d	m	u	l	o	r	s
e	o	n	u	y	d	e	n	t	a	l	q	f

1. **Liquamen** was a common sauce made from fish guts
2. Entertainment at dinner parties was often in the form of **Jugglers**
3. Cooks would fatten **snails** with milk before eating
4. Rich Romans suffered from **dental** problems due to their diet
5. **Herbs** and **spices** were used in cooking to hide the fact that some food was rotten!
6. **Honey** was used to sweeten foods or act as a preservative

Tudor Crossword



Down

1. ___ was the most popular drink (3)
3. _____ was a popular sport carried out by the rich people to acquire meat to eat (7)
4. Rich people often suffered from this disease due to a lack of fresh fruit and vegetables in their diet (6)

Across

2. People ate from stale pieces of bread instead of plates to eat their meals, these were called _____ (9)
5. Actors and musicians provided entertainment at _____ held by the richer people in society (6)
6. This was a stew made of vegetables eaten regularly by the poorer people (7)

War Time Word Search

Can you find the answers to the questions below in the word search below?

a	f	n	a	l	t	i	o	f	v	b	a	u
r	a	m	a	e	v	k	r	u	o	l	m	p
a	o	t	e	f	i	u	l	e	b	l	c	o
t	l	o	u	t	c	l	e	b	r	a	k	i
i	l	a	f	n	t	o	k	t	a	o	b	n
o	a	n	u	b	o	a	t	s	g	n	o	t
n	n	e	f	b	r	h	e	a	y	l	d	s
i	o	v	i	t	y	c	o	t	e	p	m	o
n	i	d	a	r	h	a	r	s	u	m	p	e
g	t	o	p	l	n	t	p	o	i	n	t	s
u	a	y	t	s	v	i	c	b	e	r	g	i
a	n	t	e	k	r	a	m	k	c	a	l	b

1. This was introduced to make sure food was equally shared out. (9)
2. People often bought food here when they wanted extra which they couldn't buy using their ration books (5,6)
3. Dig for _____ was a campaign which encouraged people to grow their own foods (7)
4. These German sea vessels sank ships importing food into Britain (1, 5)
5. A _____ system was introduced for food to go alongside rationing (6)
6. This bread was introduced by the government to make sure people were getting plenty of vitamins and minerals (8, 4)

Modern Day Diet

Can you find the highlighted words below in the word search?

a	z	t	l	f	e	w	d	c	u	r	r	b
t	i	d	t	e	v	t	v	a	e	s	o	i
e	t	a	k	e	a	w	a	y	s	m	a	r
s	u	y	p	m	w	r	e	k	i	s	e	t
d	e	v	i	c	o	m	w	d	i	r	n	h
i	s	u	p	e	r	m	a	r	k	e	t	d
a	n	n	e	r	c	r	u	y	r	n	z	a
b	e	t	i	d	i	a	c	r	o	n	v	y
e	m	a	r	u	m	t	a	k	v	i	e	f
t	e	z	y	r	r	u	c	o	l	d	r	s
e	m	n	p	o	r	y	s	u	f	v	o	a
s	u	p	e	r	s	i	z	e	p	t	q	g

1. **Diabetes** can be a result of being overweight or obese
2. A **supermarket** is a shop where we can buy a large selection of foods under one roof
3. Pizza, Chinese and Indian are all types of **takeaways**
4. Ready meals can be cooked in the **microwave**
5. Many people sit and eat **TV dinners** instead of sitting at a table to eat their meals
6. A **birthday** is one of many occasions where we use food to celebrate
7. **Curry** is one of Britain's most popular dishes
8. Many fast food outlets **supersize** meals.

Stone Age Crossword

				1.F	A	R	M	I	N	2.G
		3.A		L						A
4.H	U	N	T	I	N	G				T
		I		N						H
		M		T						E
		A								R
		L			5.I	C	E	A	G	E
		S								R

Roman Britain Word search

c	h	i	s	p	e	a	b	s	b	r	e	h
e	l	r	d	s	a	m	u	q	e	l	n	a
g	s	e	m	p	o	t	l	i	n	s	o	q
u	r	o	l	i	q	u	a	m	e	n	n	h
y	e	d	j	c	a	i	s	e	t	a	n	l
q	l	s	r	e	y	g	e	u	f	i	b	s
c	g	i	e	s	p	g	r	o	m	l	r	y
e	g	l	e	t	r	a	p	i	l	s	c	y
j	u	g	h	o	n	e	y	m	o	d	u	l
u	j	l	e	n	c	d	m	u	l	o	r	s
e	o	n	u	y	d	e	n	t	a	l	q	f

Tudor Recap Crossword

				1.A						
				L						
2.T	R	E	N	C	3.H	E	R	4.S		
					U					C
					N					U
		5.F	E	A	S	T	S			R
						I				V
						N				Y
6.P	O	T	T	A	G	E				

War Time Word Search

a	f	n	a	l	t	i	o	f	v	b	a	u
r	a	m	a	e	v	k	r	u	o	l	m	p
a	o	t	e	f	i	u	l	e	b	l	c	o
t	l	o	u	t	c	l	e	b	r	a	k	i
i	l	a	f	n	t	o	k	t	a	o	b	n
o	a	n	u	b	o	a	t	s	g	n	o	t
n	n	e	f	b	r	h	e	a	y	l	d	s
i	o	v	i	t	y	c	o	t	e	p	m	o
n	i	d	a	r	h	a	r	s	u	m	p	e
g	t	o	p	l	n	t	p	o	i	n	t	s
u	a	y	t	s	v	i	c	b	e	r	g	i
a	n	t	e	k	r	a	m	k	c	a	l	b

Modern Day Word Search

a	z	t	l	f	e	w	d	c	u	r	r	b
t	i	d	t	e	v	t	v	a	e	s	o	i
e	t	a	k	e	a	w	a	y	s	m	a	r
s	u	y	p	m	w	r	e	k	i	s	e	t
d	e	v	i	c	o	m	w	d	i	r	n	h
i	s	u	p	e	r	m	a	r	k	e	t	d
a	n	n	e	r	c	r	u	y	r	n	z	a
b	e	t	i	d	i	a	c	r	o	n	v	y
e	m	a	r	u	m	t	a	k	v	i	e	f
t	e	z	y	r	r	u	c	o	l	d	r	s
e	m	n	p	o	r	y	s	u	f	v	o	a
s	u	p	e	r	s	i	z	e	p	t	q	g

Why not get the children to design their own PhunkyFoods character based on one of the different eras!



Extra Activity Ideas

1. Using pictures of weapons and tools used during the Stone Age to catch and kill food, ask the children to make some using paper Mache models.
2. Captain Carrot and Potato Pete were introduced during the Second World War to encourage people to eat more carrots and potatoes. Get the children to design their own vegetable character with a catchy name and slogan to encourage people to eat it!
3. Set up your own vegetable patch in school and let the children see what the Dig for Victory campaign was like for themselves.
4. More food is being imported from abroad contributing to food miles and carbon footprints. Why not get the children to research their own carbon footprint and the food miles their food has travelled ie, where it comes from, where they bought it from, the packaging it is in etc?
5. Think of any traditional foods / dishes we eat in modern day society and design recipe cards for them.
6. Using the activity timeline at the beginning of the book, research the eating habits of other key eras.
7. Hold an international themed food day to celebrate the variety of foods now available to us. Try decorating the classroom with flags and decorations associated with that country or ask the children to dress up in traditional clothing