

Tudor Food

Describe some of the differences between the diets of the rich and poor in Tudor times.

List 4 interesting facts you have learned about food during Tudor times.

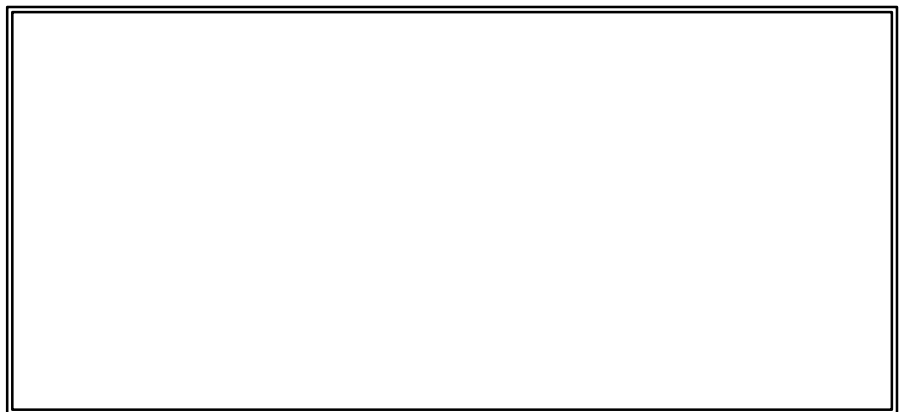
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Describe the main differences between a kitchen then and a kitchen now.

Make a list of the sources we have used to find out about food in the 16th century.

Children had to be on their best behaviour at mealtimes. These rules are in a book from 1577. Translate these rules into modern English.

Scratche not thy head with thy fingers when thou art at thy meate;
Pick not thy teeth with thy knife nor with thy fingers ende;
Fyll not thy mouth too full, lest thou perhaps must speak;
Nor blow not out thy crums when thou dost eate.
Foul not the place with spitting where thou doest sit.



Draw up a menu for a whole day in a wealthy household. Find some examples in textbooks to inspire you. When you are happy with your choices, make out a good copy, with fancy writing, and give it an illustrated border.