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.
1. 
2. 
3. 
4. 

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.

| Scratch 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.