





# Medieval Food

Learning Objectives: To investigate what food medieval people ate. To compare and contrast the differences between a rich person's diet and a poor person's diet. To create a menu for a medieval banquet.

Word of the lesson: Banquet (A big feast!)

Literacy: W2, W5

Starter



Write down what is your favourite meal? We are going to find out how different your meals are to a Medieval person's. There might be some similarities!



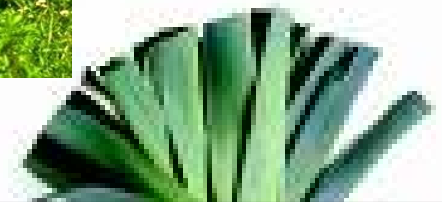


## Context

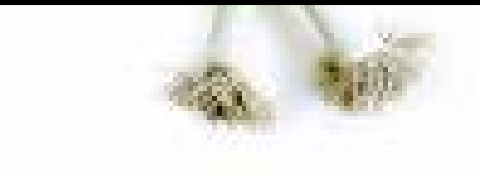
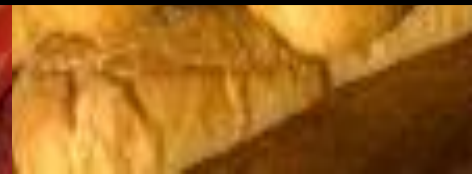
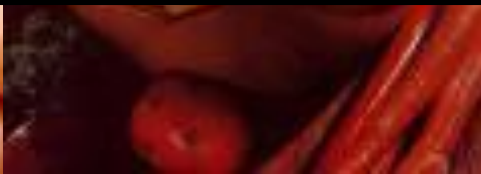
We have been looking at different aspects of Medieval life. This lesson will focus on food eaten in Medieval times.

Medieval people would buy their food from markets, or grow it themselves. There was not as much food available in medieval times, although people were creative with what they had. Not very many things came from abroad.





Using these images write down what foods you think medieval people ate.



Did you know?

Many people think that Medieval people drank cider and ale as water was not clean, but medieval people often preferred to drink this and it was made with the same water! Even children drank it with every meal!

How do you think this might have affected people's life expectancy?



## Read through the sources



1. According to Sources A-D What were the differences between the rich people's diet and the poor people's diet?
2. According to Source E how did people catch their fish?
3. According to Source F what was the difference between a Lord and a peasant's breakfast?

BBC

# MEASLY MIDDLE AGES



Show what you know!

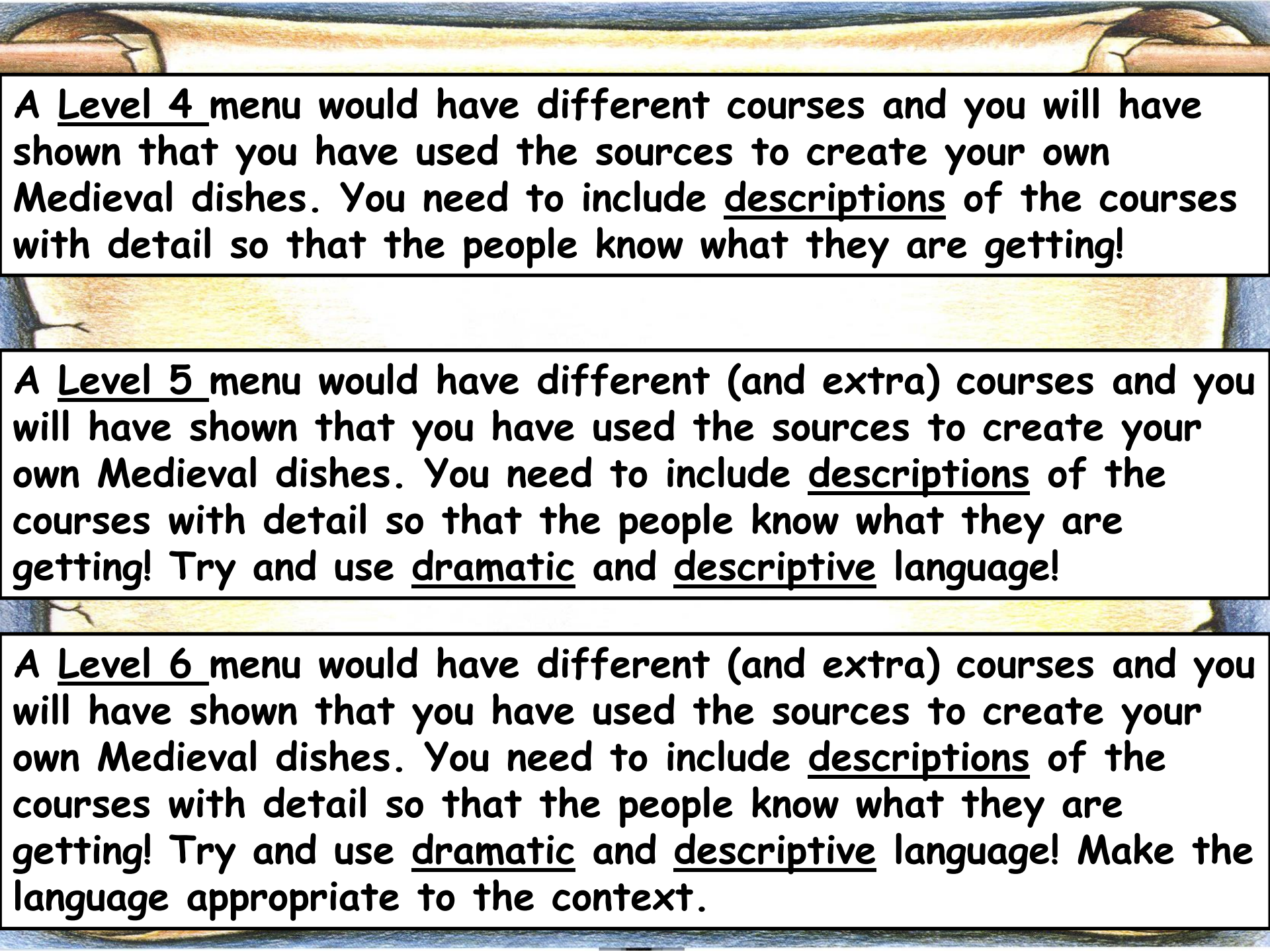
Use the sources to help you design your Banquet. Be creative!

What would you have on your banquet table?

You can draw the table and then include a description underneath.

Remember you really want to impress!

You are going to imagine that you are a Knight or a Baron. You are going to prepare a Medieval 'Come Dine with me' for the Lord of the Manor!



A Level 4 menu would have different courses and you will have shown that you have used the sources to create your own Medieval dishes. You need to include descriptions of the courses with detail so that the people know what they are getting!

A Level 5 menu would have different (and extra) courses and you will have shown that you have used the sources to create your own Medieval dishes. You need to include descriptions of the courses with detail so that the people know what they are getting! Try and use dramatic and descriptive language!

A Level 6 menu would have different (and extra) courses and you will have shown that you have used the sources to create your own Medieval dishes. You need to include descriptions of the courses with detail so that the people know what they are getting! Try and use dramatic and descriptive language! Make the language appropriate to the context.

## Peer assessment

A person is holding a white sign with the number '1' written on it in a large, black, serif font. The person's hands are visible at the edges of the sign.A person is holding a white sign with the number '0' written on it in a large, black, serif font. The person's hands are visible at the edges of the sign.

You need to swap menus with your partner and they are going to rate you 'Come Dine with me' style by giving you a mark out of 10!  
For 9/10 marks they must have three detailed courses with different foods! Their menu must be well presented!

Plenary



How different is medieval food to yours?  
Are there any similarities? Would you eat  
Medieval Food?



Our Learning Objectives were: To investigate what food medieval people ate. To compare and contrast the differences between a rich person's diet and a poor person's diet. To create a menu for a medieval banquet.

### Learning outcomes:

- Medieval people ate...
- A difference between the rich and poor people are...
- I created a medieval menu/I almost created a medieval menu/ I did not create a medieval menu to the best of my ability.
- To improve my work next time I need to...