

## Richmond throughout the ages.

Richmond is rich in history all around the town. Last week you looked at the geography of Richmond in the present day and foods that we like to eat today. What are the differences now to times in history that Richmond has lived through?

This week, research certain types of food eaten in different eras. Then design a meal plan/menu for each era shown. Even better if you can recreate one of the meals that would have been eaten and share this with your family!



Life in a castle. If you were to visit the castle for a banquet, what food would you be served?

Research Medieval food and what foods you would expect to see at a medieval banquet.

<http://cookit.e2bn.org/historycookbook/27-315-normans-medieval-Food-facts.html>

<https://www.dkfindout.com/uk/history/castles/food-in-castles/>

<http://www.castles-of-britain.com/food.htm>

Before a visit to the Georgian Theatre, what meal would the people of Richmond have eaten in the Georgian era?

Research Georgian foods and what recipes the people of Richmond would have used to create a Georgian feast.

<http://cookit.e2bn.org/historycookbook/34-344-georgians-regency-Food-facts.html>

<https://medievaleurope.mrdonn.org/feasts.html>

<https://www.medievaltimes.com/teachers-students/materials/medieval-lifestyles/food-and-drink.html>



Having recently celebrated the 75<sup>th</sup> anniversary of VE Day, what celebration food was shared in 1945?

Due to rationing, the foods that were eaten were very different from the foods we have available today.

Research Rations and what recipes the people of Richmond would have used to create a celebration feast.

<https://www.readersdigest.co.uk/food-drink/recipes/retro-recipes-10-thrifty-wartime-dishes>

<http://www.primaryhomeworkhelp.co.uk/war/rationing2.html>

