# The Tudors: History

## Worksheet 3A

Name: _____ Date: _____



What foods do we eat today that the Tudors wouldn't have had? Have a look at the Picture Cards. Can you figure out which foods the Tudors would have eaten and which they wouldn't have eaten?

| Foods the Tudors ate | Foods the Tudors didn't eat |
| --- | --- |
| | |

Can you think of any more foods that can be added to these lists?

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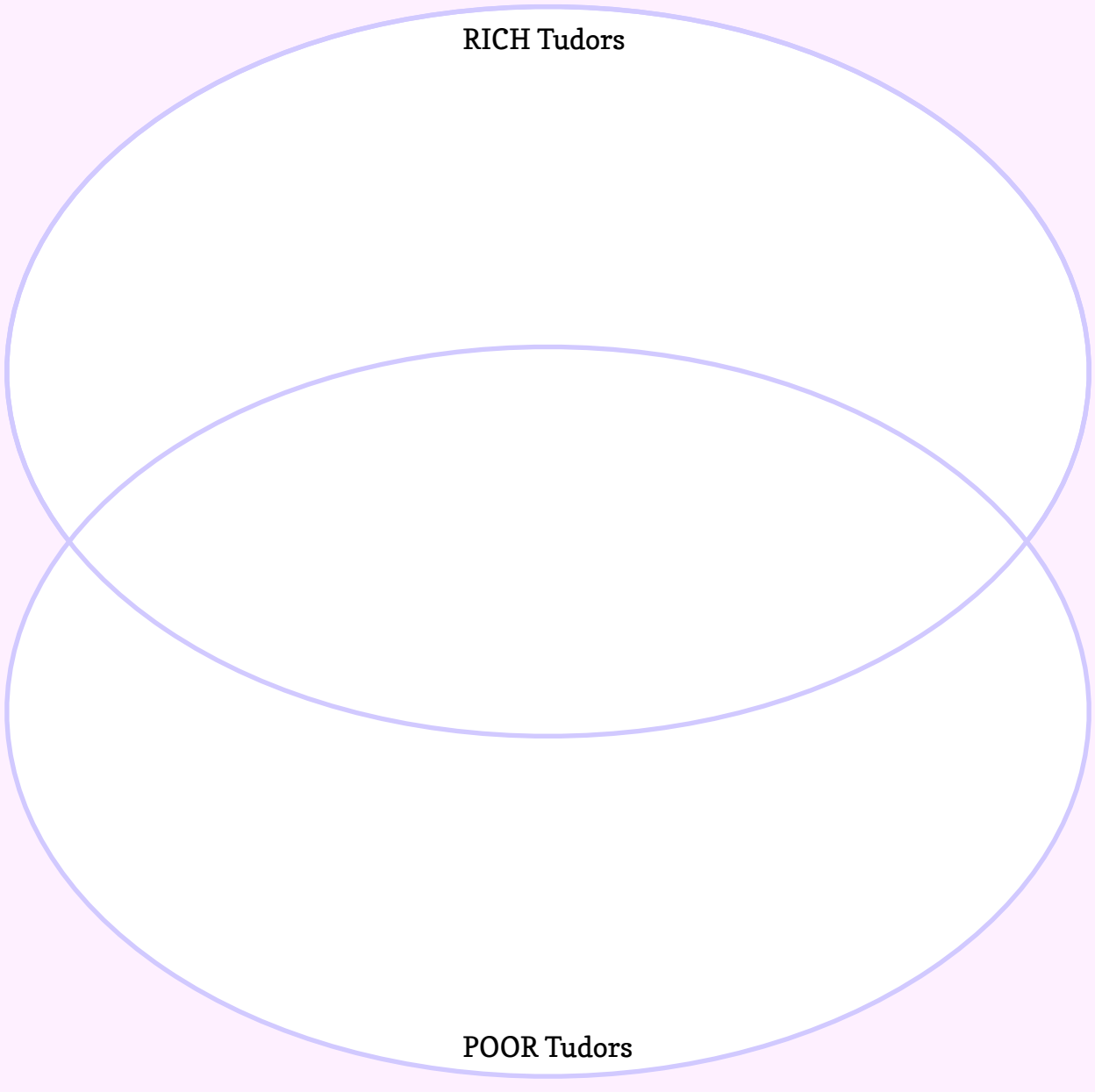
# The Tudors: History — Worksheet 3B

Name: _____ Date: _____



Can you organise these foods into the correct place on this Venn diagram to show what foods rich Tudors ate and which foods poor Tudors ate? Be careful...there are some trick questions!

| | | | |
|---|---|---|---|
| beef | pepper | pottage | rabbit |
| chicken | Carter's bread | venison | ale |
| carrots | apples | chocolate | wine |
| swan | milk | marchpane | pumpkin |
| pizza | manchet bread | cherries | turnips |
| sugar | eggs | pork | |

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# The Tudors: History

## Worksheet 3C

Name: _____ Date: _____

Imagine you asked these two different Tudors what they ate yesterday. What do you think their answers would be and how do you think their answers would be different?





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# Tudor Food

## Bread

Bread was served with every meal in Tudor times and there were lots of different types of bread. The wealthy Tudors had a white bread called manchet bread. Poorer Tudors had a dark bread called Carter's bread made from a mixture of rye, wheat and sometimes beans and oats. Most meals were served on a thick slab of bread called a trencher.

## Meats eaten by rich Tudors:

| | | |
|---|---|---|
| beef | badger | blackbird |
| pork | hedgehog | goat |
| venison | pheasant | mutton |
| chicken | woodcock | lamb |
| boar | partridge | duck |
| rabbit | sparrow | swan |
| quail | dove | pigeon |

## Meat

Meat was the main part of the Tudor diet, although there was more available for the rich than the poor. Ordinary people would rear chickens to eat and could buy beef or pork from the market if they could afford it. They also ate what they could catch, such as rabbits and birds. Wealthy Tudors ate practically every animal they could see! They ate all of the animal too so as not to waste anything, including the tongue, kidneys, liver, heart, feet and even the head.

## Pottage

Pottage was the staple meal of the lower classes. This was a soup made from vegetables and meat (if they had it) which was then thickened with oats.

## Vegetables

Tudors did eat vegetables but it was thought to be 'peasant' food so poorer people ate more vegetables than the rich. They grew vegetables such as onions, leeks, turnips, beans, carrots and parsnips. They were not cooked and eaten on the side of other dishes as they are today, but put into stews and soups.

## Dairy foods

Like vegetables, the Tudors had dairy food, such as milk, cheese, cream and eggs, but they were thought to be a food suitable more for the poor than the rich.

## Fruits

The Tudors didn't trust raw food. They thought it was bad for you. They had plenty of apples, cherries, pears, strawberries and other fruits but they would usually cook them before eating them, or grind them into a paste. The very richest Tudors could afford oranges and lemons brought to England from abroad.

## Sugar and spice

The Tudors loved sweet things. Sugar was rare and so it was expensive. Poorer Tudors sweetened their food with honey but the rich used sugar to crystallise fruit, make marchpane (a marzipan cake), and create animals, flowers, baskets and fruits entirely from sugar. Spices were popular too, especially cinnamon, ginger and cloves. They put these in stews and soups so everything tasted sweet.

## Drink

No one dared to drink water in Tudor times as it was so polluted and dirty. Instead, they mostly drank ale. Rich Tudors could afford wine. An alcoholic drink called mead was made from honey.

## New foods

The Tudor period was a time of exploration and new foods were being discovered from around the world. Potatoes, tomatoes, pumpkins, corn and peppers were brought to England, although it was only the very rich who could afford such luxury items. Having these foods was a great way to show off at a party!

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# Tudor Food Fact File

## The Diet of the Rich

## The Diet of the Poor

Food in Tudor Times

## Drinks and Treats

## New Foods

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# The Tudors: History — Picture Cards


pizza


chocolate


tea


chicken


eggs


apples


lamb


ice-cream


hot chocolate


pheasant


beef


onions


ale


cheese


chips


plums


bread


carrots


fish


burger

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A cockatrice was a mythical figure with a dragon's body and rooster's head. Tudor chefs recreated this by sewing the back half of a pig to the front part of a cockerel to make a fancy centre piece for a posh dinner party!

Milk, eggs, cheese and butter were thought to be 'peasant' food so were mainly eaten by poorer Tudors.

Poor Tudors were actually healthier than rich Tudors as they had much more variety in their diets. The wealthy liked to eat mainly meat and bread.

Tudor banquets held by noblemen or royalty often had up to ten courses. One banquet for Queen Elizabeth I had nearly 300 different dishes to choose from!

The Tudors had garlic but as it was so smelly it was thought that it was only suitable for poor people. Rich people thought they were too good for the tasty but smelly bulb!

Tudors ate with their hands, as well as with spoons and knives. Forks hadn't been invented yet.

Bread was a big part of the Tudor diet. Rich people ate white bread but poor people ate a dark bread made from rye and wheat. If this wasn't available, they would eat bread made from beans and oats.

It was against the law to eat meat on Fridays so the Tudors ate fish, such as salmon, cod, haddock and plaice.

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Fish was only available if you lived close to the coast or near rivers. Some fish was salted to preserve it so it could be transported inland.

The water in Tudor Britain was dirty and polluted so people mostly drank ale with their meals. Rich Tudors would have had wine too. A sweet alcoholic drink called mead was also popular and was drunk by all Tudors.

Rich Tudor ate mostly meat. They ate lots more animals and birds than we do today, including beef, pork, chicken, lamb, venison, veal, pheasant, sparrows, swan, dove, heron, crane, hedgehog, badger and peacock.

One of the main parts of an ordinary Tudor's diet was pottage. This was a vegetable or meat soup that was thickened with oats.

Tudors loved sugar but only the rich could afford it. Queen Elizabeth ate so much sugar that her teeth started to go black. This started a new fashion for black teeth! Poorer Tudors sweetened their food with honey.

Tudors didn't trust raw food so vegetables and fruits were always cooked, stewed or pickled before they were eaten.

Tudors loved spices like cinnamon, cloves and ginger. They put these spices in lots of their pies and stews as well as the puddings. This made their food taste much sweeter than most of the food we have today.

Lots of new foods were brought to Britain during the Tudor period, including potatoes, tomatoes, pumpkins and turkey. These were luxury items though as they were expensive to get hold of.

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Tudors didn't have ovens or microwaves. Their food was cooked over fires. Sometimes the food was roasted on a spit, sometimes it was boiled in a pot and sometimes it was fried in a pan.

Rich people ate three meals a day. Each of these meals would have several courses. Ordinary Tudors didn't have time for long meals and would usually have one main meal a day.

Sweet and savoury dishes were served together at the table. They didn't separate sweet and savoury foods like we do today. Lots of different dishes were put on the table and the diners could just choose what they fancied.

Tudors used flowers to flavour dishes, such as lilacs, primroses, violets and marigolds. Rose water was also popular.

For important banquets, specialities would be made out of sugar and marzipan. These could be made into animals, flowers, boats and even castles.

For rich Tudors, a dinner party had to look as spectacular as it tasted. Lots of colourful, bright objects and foods were put on the table to wow the guests, including feathers and animal heads.

Most Tudor meals, both for rich and poor, were served on a large chunk of bread called a 'trencher'.

Most Tudors grew or reared their own food. For those who lived in towns and cities, there were markets, bakers and butchers where people could buy the food they needed.

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# The Tudors: History

## Worksheet 3A ANSWERS

Name: _____ Date: _____



What foods do we eat today that the Tudors wouldn't have had? Have a look at the Picture Cards. Can you figure out which foods the Tudors would have eaten and which they wouldn't have eaten?

| Foods the Tudors ate | Foods the Tudors didn't eat |
|---|---|
| Chicken<br>Eggs<br>Apples<br>Lamb<br>Pheasant<br>Beef<br>Onions<br>Ale<br>Cheese<br>Plums<br>Bread<br>Carrots<br>Fish | Pizza<br>Chocolate*<br>Tea*<br>Ice-cream<br>Hot chocolate<br>Chips<br>Burgers |

*These foods and drinks were only rarely available and often used as medicines.

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# The Tudors: History — Worksheet 3B

Name: _____ Date: _____



Can you organise these foods into the correct place on this Venn diagram to show what foods rich Tudors ate and which foods poor Tudors ate? Be careful...there are some trick questions!

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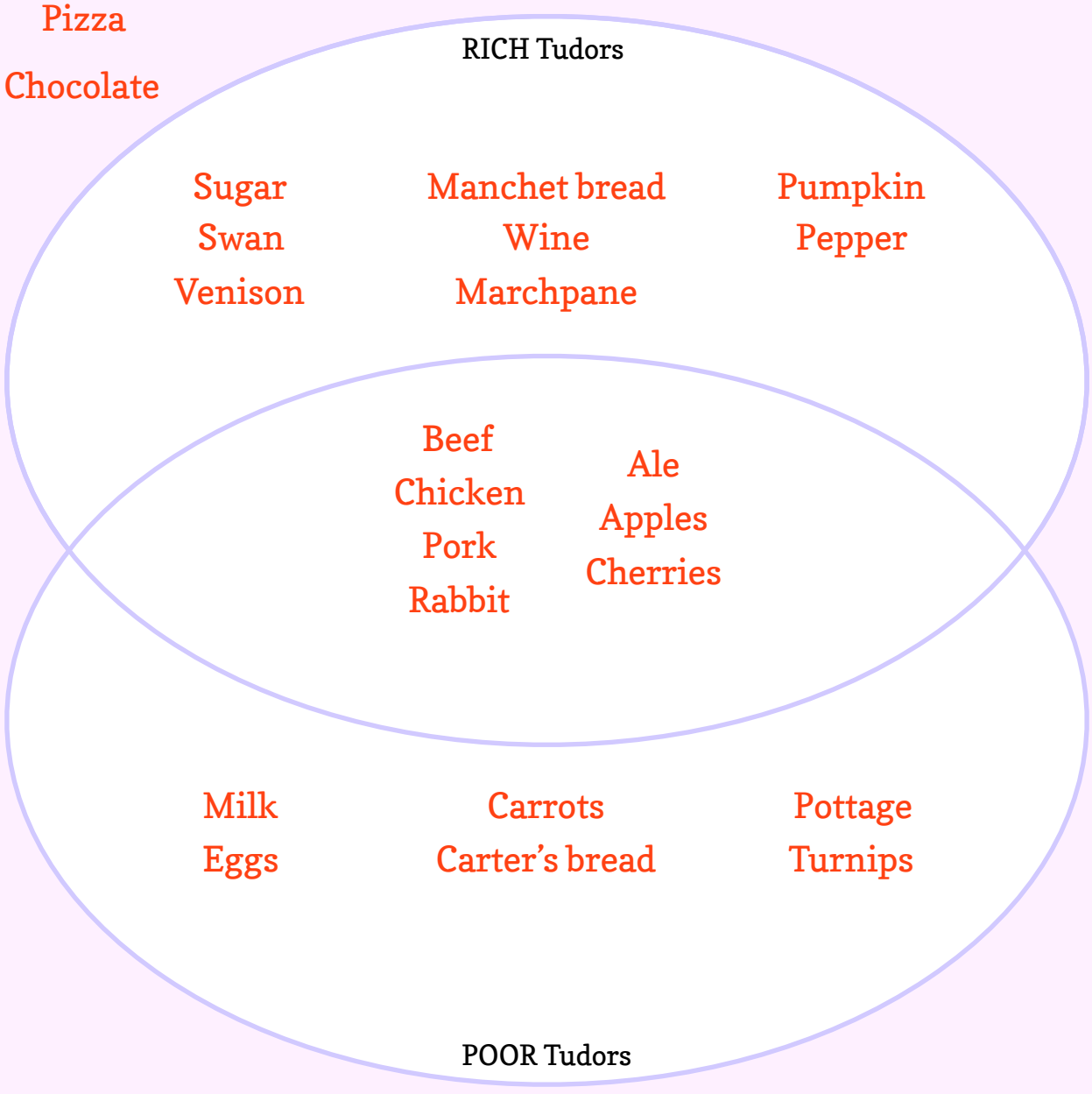


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