



KS 1/2

How did we cook and eat through time?

Food is central to our lives and always has been, throughout history and all around the world. Let's dig into the past and compare how we cooked and ate then and how we cook and eat now.

This is half of a Roman quern stone from our collection. It was used to grind corn. A central hole in the upper stone was filled with grain. The stone was rotated to produce flour.



This is what a complete quern stone would have looked like.

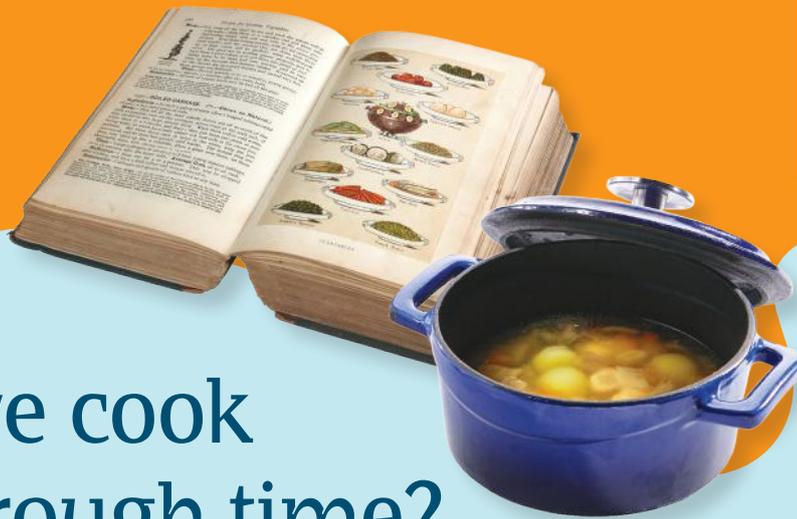


This pewter spoon is in our collection. It was made in the 1300's or 1400's.



Some fun facts about food through time:

- Early people were hunters and gatherers moving from place to place hunting animals and gathering roots, nuts, and berries.
- Around 50,000 years ago, people began roasting food, which made it taste better and also made it more nutritious and easier to eat.
- The first pots were not really pots at all. People in Asia used sections of bamboo stopped up at one end and filled with raw ingredients. In the jungles of South America and elsewhere, turtle shells were popular cooking vessels.
- Later, people began to cultivate crops and raise livestock. This one change affected every aspect of their lives.
- Preserving foods has always been a challenge. People stored food in cold cellars, dried it, salted it, smoked it, or pickled it. In the 1800s, people began using iceboxes to keep foods fresh.



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How do we know what people ate in the past? The Egyptians didn't have recipe books, but we can learn about their foods from paintings and inscriptions inside tombs. Later on, people started to keep their recipes in books. We have a lot of recipes from the Tudor era – you can try and make these Tudor biscuits at home, making sure you have an adult around to help you out!

Your turn!



Ingredients

- Butter for greasing
- 400g self-raising flour
- 150g golden caster sugar
- 2 large eggs, beaten
- ½ tsp mixed spice
- ¼ tsp vanilla extract
- Icing sugar for dusting (optional)

Method

- Grease 2 large baking trays with butter and set aside. Put the flour and sugar in a bowl then stir in the beaten egg, mixed spice and vanilla. Add 50ml of water and begin to knead the mixture with your hands to bring it together. You want a firm dough, so if it's still quite crumbly, add a bit more water, 1 tbsp at a time until it comes together in one piece.
- Heat oven to 180C/160C fan/gas 4. Tip the dough out onto a floured work surface and chop up into either 12 or 24 pieces (depending on whether you're making large or small ones). Put a large pan of water on the hob and bring to the boil. Roll each piece of dough into a sausage shape and make into a knot, twist or plait before lowering it into the boiling water. Leave in the water for a few seconds and when it rises to the top, scoop out with a slotted spoon. Shake off any excess water and put on the prepared tray. Repeat with the rest of the dough.
- Bake the jumbles for 20-25 mins or until golden, then leave them to cool on the tray before transferring them to a plate or board. Dust with icing sugar before serving, if you like.