



EAT UP!

Resource: Select the Prison rules and diets and other appropriate material as required.

Learning Outcomes:

- To know that a historian asks questions such as who, what, when, why, where and how to discover information from a source.
- To discover what historical information can be learnt from a gaol register and a prisoners' 'Dietaries' document.
- To know the ingredients of gruel.
- To be able to make gruel.
- To be aware of their own diet.
- To be able to compare and contrast diets.

Enquiry Questions:

- What was gruel?
- How was it made?
- What did it taste like?
- Why was gruel served in prisons?
- Did anyone else eat gruel?

Children could:

- Look at porridge which has to be cooked on the hob (i.e. not in a microwave) – get the children to bring in a recipe from a porridge oats packet or a recipe book.
- Make a recipe card for gruel: write a list of ingredients using information from website resource, 'Dietaries'; adapting the recipe for porridge, write down the method for cooking gruel.
- Look at varying the quantities of the ingredients by measuring them. Does this make a difference?
- Under supervision, cook the gruel and taste it.
- Arrange with school kitchen staff to cook and serve gruel for breakfast/break or lunch.
- Find out what other food was served.
- Choose a prisoner from the gaol register and plan a day's food/a week's food for them (N.B. Hard labour required more food).
- Keep a diary of the food they eat at home and at school for a day/a week.
- Compare their own diet with the prison diet set out in 'Dietaries'.
- Compare how much it costs to feed themselves against the prisoners diet.
- Contact a local prison to enquire about a typical modern menu.

Curriculum links: KS1&2:

Historical, geographical and social understanding: Essential knowledge 1a, 1c; Key Skills 2a, 2b, 2c; Cross-curricular studies 3a, 3b, 3c; Breadth of learning 4a1, 4b1, 4b3, 4d1, 4d2, 4d3, 4d4.



Links with: Understanding English, communication and languages; Understanding physical development, health and well being.