**Year 7- Medieval Food Lesson**

**Your task…**

* You are going to imagine you are opening a medieval- themed restaurant or café in Biddulph High Street.
* Everything in it must be authentic (exactly as it would have been). This includes the meals, cutlery and design,
* You need to design and illustrate a menu for your restaurant. You need a medieval name for your establishment. This could use alliteration of a play on words e.g. ‘Medieval Knight out’.
* You can decide whether your restaurant or café is for rich or poor people, or you can use a combination of the two by having separate options on your menu.
* You should include authentic medieval starters (soups, bread, bits of veg & bacon), main courses (this will vary on whether it’s for rich or poor people) and desserts.
* You should include enticing descriptions of your meals to encourage people to buy them e.g. “28 day smoked bacon wrapping delicious home-grown cheese.”
* You could include a separate drinks menu or childrens’ menu like you see in restaurants nowadays.

**A reminder to help you…**

There were 8 types of food that would have been farmed:

* Bread, onions, cabbages, peas, leeks, fish, chickens and eggs.
* Wild nuts, berries and mushrooms were also available.

There were only 2 types of drink:

* Wine for was only for wealthy people.
* Beer for everyone else (don’t forget ‘small beer’ was for children).
* ![MCj04104550000[1]]()Some food would have been salted, smoked, or pickled to make it last longer. This were the only methods of preservation.
* Prices would have been in pennies (d.)

**SUCCESS CRITERIA:**

1. You have thought of a medieval name for your restaurant/ café.
2. It is written in a medieval style using simple Old English language.
3. It contains only the foods that were available at the time.
4. It shows the differences between a rich person’s and a poor person’s diet.
5. It includes pictures for those peasants who were not able to read.
6. It includes a range of literacy techniques including interesting adjectives to describe the dishes.

