**ANSWERS**

**Lesson 1**

1. A peasant’s basic food was **bread** which he ate with all meals. Cheese, eggs and fish were popular too. They drank **ale** with most meals because the water was not fit to drink. Peasants often had a small **garden** next to their cottage where they grew lots of strong flavoured **vegetables** and herbs to make their duller food a bit **tastier**. **Bacon** was one of the most common meats because pigs were so easy to keep. To preserve food over the food winter months, meat and fish were **salted** and smoked.

2a. pupils own diagram

2b pupils own diagram should be draw like the one in 2a and meals should be placed accurately on the timeline.

2c. Differences (depending on pupil’s likes and dislikes!): no servants to prepare food, they ate wheat bread as opposed to our sliced bread, drink ale and wine with all meals, a lot of meat, stews and pies. Lot of fish.

**Lesson 2**

Pupils own work- but they should have a medieval name for their restaurant/ café, it should include only the foods that were available at the time, there should be a clear disparity between the rich and poor’s options or the menu could be designed for one of these groups of people.

Cutlery should not be the same as today e.g. using trenchers as plates, only using knives and spoons and no forks.

The success criteria (what they should have included):

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.