



KNOWLEDGE ORGANISER

HISTORY: FOOD

Y2 SPRING TERM

KEY VOCABULARY:	
WORDS	MEANING
Artefact	an object made by a human being
Century	a period of one hundred years
17th century	one hundred years from January 1st 1601 to December 31st 1700
Chronological order	in order of time, from earliest to most recent
Fluid ounce (fl oz)	a unit of volume, equivalent to about 28 ml
Historical period	a particular time marked by events that happened, people that lived, or things that were important
Imperial measures	a system of measurement from 1824, standardising units used in the British Empire
Ounce (oz)	unit of mass, about 28g
Pint (pt)	20 fluid ounces, about 568ml
Pound (lb)	16 ounces, about 454g
Stuart period	when Britain was ruled by the House of Stuart: in England and Wales, 1603–1714; in Scotland, from 1371.

KEY KNOWLEDGE:
QUESTION 1: Which foods were eaten in the early 17th century (Stuart period)?
ANSWER Food in the Stuart period took up 80% of a family's budget. The diet of the poor was very basic. Breakfast was taken shortly after getting up and was generally a few chunks of bread. Dinner was taken at midday and was cooked over a fire. This might be soup, broth or pottage cooked in large pots or meats roasted on a spit. Supper was taken in early evening and was usually one course. Most people drank beer as their normal drink as water was not clean or safe. Richer people started to enjoy imported foods from new colonies including: bananas, pineapples, coffee and sugar. People also started to use forks to eat which were made from metal.
QUESTION 2: How was the food in Britain's eat changed in the last 50 years?
ANSWER Food in the early 1900's was generally freshly prepared as there were no fridges. As a result menus were quite fixed with the following as an example in one family. <ul style="list-style-type: none">• Sundays – Roast dinner• Mondays – cold meat and bubble and squeak (usually left over from Sunday)• Tuesdays – cold meat and bubble and squeak (still left over from Sunday)• Wednesdays – Stew and dumplings (the remains from Sunday served with suet)• Thursdays, Fridays and Saturdays – more variety Generally during this period the husband was fed more than his wife. In the 1950's the fishfinger was invented and launched by Bird's Eye in 1955, however most people did not have a freezer still so people ate these on the day they bought them! Food was still stored in a larder. In the 1960's motorway service stations opened restaurants with waitress service and people went out to these for dinner. People started to get fitted kitchens and plastic and laminate meant that these were easier to clean. People also started to buy fridges.