

# Medieval Food



## Workshop Info

**Number of pupils taking part:** We can accommodate 2 classes in a day, with each class having a facilitated workshop, self-guided activities around the Barn, lunch break and medieval games.

**Age of pupils taking part:** KS2

**Times:** 10am – 2pm.

**Cost:** Our standard rate is £5 per pupil

### What will pupils learn about:

1. Hands on experience of making medieval recipes and pressing apples to make juice.
2. Experience a medieval feast as we step back in time and taste our creations.
3. What people were eating and drinking in the past.
4. The origins of different foods from around the world.
5. The medieval farming calendar and a look at what plants need to grow in our kitchen garden.

**For more info:** Contact our learning team on [jasmine.loveys@winterbournebarn.org.uk](mailto:jasmine.loveys@winterbournebarn.org.uk) or call 0117 403 1536

### Curriculum links:

English - Ask relevant questions to extend understanding and knowledge. Articulate and justify answers, arguments, and opinions.

Science - Identify and describe the functions of different parts of flowering plants: root, stem, trunk, leaves, and flowers. Explore the requirements of plants for life and growth (air, light, water, nutrients from soil, and room to grow) and how they vary between plants.

Geography – Locate the world's countries. Understand aspects of human geography including: types of settlement and land use, economic activity including trade links.

History - Local history - a study of an aspect of history or a site dating from a period beyond 1066 that is significant in the locality.

Design and Technology: Cooking and Nutrition – Understand and apply the principles of a healthy and varied diet. Prepare and cook a variety of predominantly savoury dishes. Understand seasonality, and know where and how a variety of ingredients are grown, reared, caught and processed.