



Midsomer Norton Primary School

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Dear Parents and Carers,

We are really looking forward to going on our Tudor trip next week. As our current hot spell looks set to continue, please make sure that your child is equipped with a water bottle, hat, sun cream, stout shoes for walking and a raincoat for the inevitable showers!

The Living History Day organisers have also requested that every child bring a 'Tudor' lunch, as follows:

Please bring a Tudor packed lunch. We hope that this will help to reduce problems with modern litter on site, as well as being interesting for you.

The list below indicates authentic ingredients to choose from:

Basics

- Bread
- Butter

Fillings

- Cheese (preferably Brie, Wensleydale, Caerphilly or Cheshire)
- Cold bacon
- Ham

Salad

- Onion
- Cucumber
- Carrots
- Radishes
- Lettuce
- Cabbage

Fruit

- Apples
- Pears
- Soft fruit such as plums, cherries, strawberries, gooseberries etc.

Drinks

In the seventeenth century children would have drunk beer, cider or perry like the adults, but we suggest you try:

- Milk
- Water
- Apple juice

Extras

- Chicken drumsticks
- Fruit pies
- Meat pasties
- Fruit-buns

Please bring your packed lunch wrapped in a cloth.

You should avoid items that were not available in the seventeenth century. This includes obviously modern items (e.g. crisps, sweets, fizzy drinks), and also items that have since been imported from other countries - in particular, tomatoes, potatoes, sweetcorn, pasta and curry spices.

Should you wish to experiment, we can supply period recipes for the extras on request. Recipes are also available for various seventeenth century sweetmeats and pease pudding.

Best wishes,

The Year 3 / 4 Team



