



BILL THE DUCK'S

Home Adventures

Come and find
out about food
through time at
Headstone Manor!



Tudor Kitchen



Come and see what
the kitchen looks
like today!



Colour in the picture of the Tudor kitchen at
Headstone Manor. How many pots can you see?
What do you think the servants are saying?
Would you have liked to work in this kitchen?

Tudor Food

In Tudor times, the diets of rich and poor people were quite different. What differences do you notice in these lists?

Rich

pig	egg custard
boar	marzipan
ox	gingerbread
deer	oranges
beaver	cabbage
fish	ale
swan	wine
peacock	



Poor

eggs	apples
blackbirds	pears
peas	plums
barley	brown bread
turnips	fish
cabbage	ale
leeks	
onions	



Which diet do you think was most healthy?
Which diet would you have preferred?
Draw a Tudor feast fit for a King!

Rich people did not eat many vegetables. They thought that they were dirty and only fit for animals to eat. They usually cooked fruit before eating.

Sugar was very expensive, so only rich Tudors could afford it. They would serve fancy sugary treats to impress their guests.



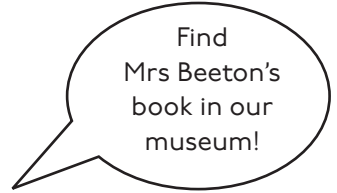
Marzipan was made out of ground almonds and sugar then moulded into beautiful shapes, like castles, animals and flowers.

Use modelling clay to make your own impressive sweets... BUT DO NOT EAT THEM!

Mrs Beeton's Useful Soup

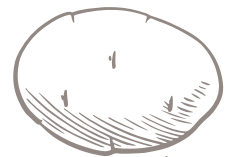
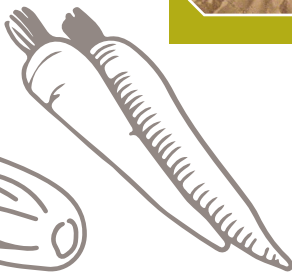
Ingredients

an ox-cheek
trimmings of beef
a few bones
onions
leeks
a large bunch of herbs
celery
carrots
turnips
brown sugar
1/2 a pint of beer
rice or pearl barley
salt
black pepper
breadcrumbs
water



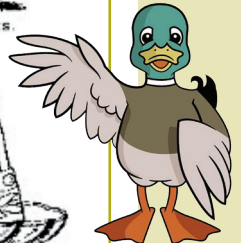
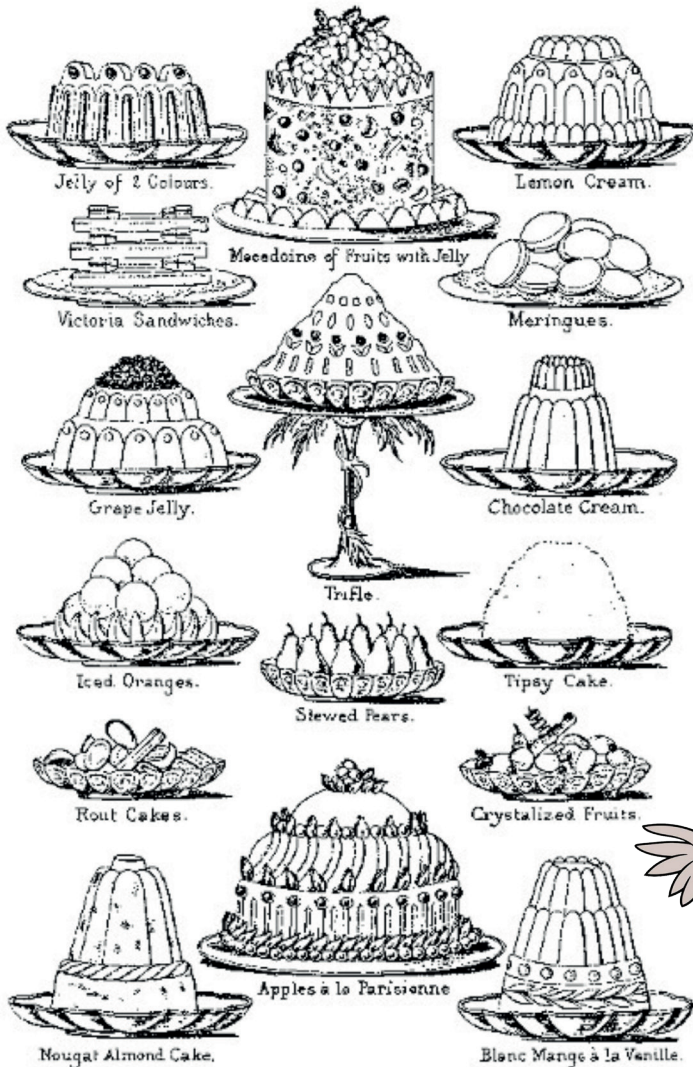
Mrs Isabella Beeton was a famous Victorian cookery writer who lived in Hatch End. In the cold winter of 1858, she made a big pot of this soup each week to feed some of the poorer families of the village.

Colour
us in!



Why not try making your own vegetable soup?
You can put in any vegetables you like, plus salt, pepper, herbs and spices of your choice. Boil them up until soft, then serve!
You could blend the soup until smooth or leave it chunky.
You could sprinkle some grated cheese on top and serve with bread. Why not write up a recipe for your own soup?

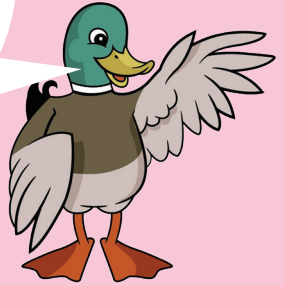
Jellies, Creams and Sweet Dishes



Mrs Beeton's book was illustrated with beautiful pictures of her recipes. Colour in these delicious puddings.
Which one would you most like to eat?

History Mystery

Look at these strange objects I have found in the museum! Can you guess what they are and what they were used for? Look carefully at each one. What is it made from? Are there any clues to help you guess what it is? Come and find them in our museum and see if your guesses are correct!





Willow Pattern Plates

In the 1700s, cups and plates with a blue and white pattern became very popular. These were based on Chinese style fine porcelain and patterns. One of the most popular designs was the willow pattern. Read the story behind the traditional picture.

These plates at Headstone Manor have a similar design but with an elephant instead. Can you see it?



Come and see them in the parlour, where the Georgian owners would have had afternoon tea.



Can you make up your own story about the elephant picture?

What is his name? Where does he live? Who is the man? What adventures do they have? What else can you see in the picture?

Draw your own fancy design on a paper plate and colour it blue.

You could copy the willow pattern or elephant design, or make up your own. Will you draw animals? Birds? Trees? Flowers? A house? A boat? What else? You could add an interesting pattern round the edge.

We would love to see a picture of your design if you visit the museum!

THE LEGEND OF THE WILLOW PATTERN

Long ago in China, lived a wealthy man and his daughter, Koong-Se. The man's poor servant, Chang, was in love with Koong-se but they were not allowed to marry as he had no money. So the pair would meet in secret under the stars at night.

One day, the man found out about his daughter's secret love and was very angry - he wanted her to marry a rich duke. So he sent Chang away, built a fence round the palace to keep him out, and locked his daughter in a tower.

He then sent for the rich duke, who soon arrived by boat, with a box of treasure as a gift. He arranged for the wedding to happen as soon as the first blossoms fell from the willow tree.

Koong-se and Chang were very unhappy. They made a plan to escape. Chang disguised himself as a servant and came to the palace to free Koong-se. They ran to the duke's boat, taking the box of treasure with them, and rowed to a beautiful island, where they lived happily together for some years.

But eventually, Koong-se's father found them and sent soldiers to kill the pair of lovers.

Luckily, the gods were watching and felt sorry for the young pair. They turned them both into beautiful doves so that they could fly away, high in the sky and be together for ever.



Dig for Victory

In wartime Britain there was less food to go round. People were encouraged to grow their own fruit and vegetables, so that they would not go hungry.

These posters were produced during World War II. Can you design your own poster to encourage people to grow vegetables?



Come and find them in our museum!

Why not grow your own cress?
It's really easy to do! You just need to:

1. Put a piece of wet tissue or cotton wool on a plate or in a small pot.
2. Sprinkle with seeds.
3. Wait for them to grow.
4. Pour a little more water on the tissue if it becomes dry.
5. When the cress has grown, cut it with scissors and add to salads or sandwiches.

Maybe you could measure how much your cress grows each day. You could keep a diary or make a graph!



Day 3

Today I can see tiny white shoots beginning to come out of the seeds



Wordsearch



M	A	R	Z	I	P	A	N	V	Y
Y	L	L	E	J	Z	L	P	L	S
M	Y	S	T	E	R	Y	A	D	D
N	E	H	C	T	I	K	W	T	E
A	X	P	U	P	G	A	I	I	E
V	E	G	E	T	A	B	L	E	S
Z	P	K	C	G	U	U	L	H	E
G	A	U	I	I	F	O	O	D	V
C	L	D	O	A	G	N	W	L	O
Y	R	O	T	S	I	H	X	E	D



Find these words from the booklet.
Can you remember which pages they came from?



food
jelly
soup
doves

mystery
marzipan
kitchen
seeds
cake

dig
vegetables
plate
willow
history



Museums are places where people keep special objects which tell us about people and the past.

We hope you come and visit us at Headstone Manor & Museum soon.

If you were making a museum about your family's story, which objects would you include?

Draw them here. You could write labels to explain what they are and why they are special.

FAMILY EXHIBITION		

