



Week 2
Lesson 1

The Tudors

Learning Objective:

To find out what the Tudors ate and which foods were available in Tudor Britain.

Success Criteria:

- 1. Identify the foods the Tudors ate, both poor and rich.**
- 2. Make comparisons between what the poor and rich Tudors food.**
- 3. Make comparisons between what we eat today and what the Tudors ate**



What is your all-time favourite meal and why?



Do you think you would have been able to eat your favourite meal in Tudor times? Why or why not?

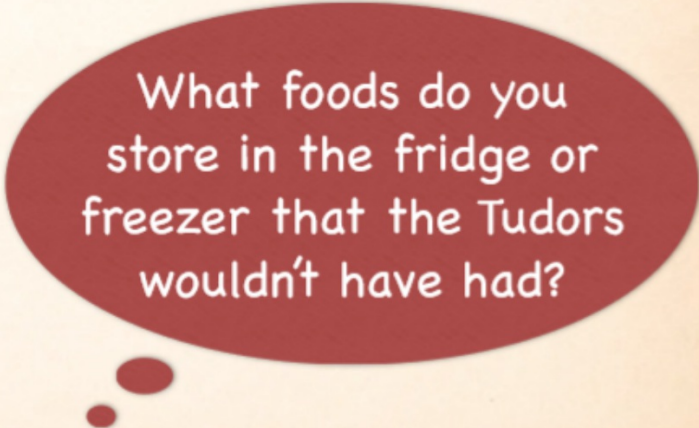


BACK

NEXT

Lots of the foods we eat would not have been available to the Tudors. Today, we eat lots of foods that come from far away countries, such as bananas and pineapples. These foods were more difficult to transport than they are today as they had no planes or motorised boats. Besides, the Tudors didn't know that these foods existed because countries like America and the West Indies were only just being discovered.

The Tudors also had no way of keeping their foods cool as fridges and freezers had not yet been invented. This meant that everything they ate had to be fresh, although they did preserve foods with salt and sugar.



What foods do you store in the fridge or freezer that the Tudors wouldn't have had?

What foods do you think the Tudors did eat?

Most Tudors had to rely on foods they could grow, rear or hunt for themselves. One of the main parts of the Tudor diet was bread. Poor Tudors ate a dark bread called Carter's bread made from a mixture of rye and wheat. Rich Tudors ate manchet bread which was made with fine white flour. In Tudor times, the whiter the bread, the more expensive it was.



Manchet bread



Carter's bread

Meals were often served on big slabs of bread called 'trenchers'.

BACK

NEXT

Meat also formed a large part of the Tudor diet, but more for rich Tudors than poor Tudors. Rich Tudors ate almost any animal that walked or flew! They ate many of the meats we eat regularly today, such as lamb, beef, venison, pork and chicken but they also enjoyed hedgehog, crane, heron, partridge, swan, pigeon, rabbit, boar, sparrow, dove, goat and badger. The Tudors did not waste any part of the animal and ate not only the flesh but also the tongue, liver, kidneys, feet and even brain of the animal.



The Tudors did not have ovens. All their cooking was done over a fire. For roasting, they had a long stick called a spit. The whole animal would be placed on the spit and then roasted over the fire.

BACK

NEXT

Sugar was very expensive in Tudor times and it was only the very rich who could afford it. Tudors loved sweet things and would create many sweet dishes to show off to their guests when they had a dinner party. Marchpane was one of the most impressive desserts and had a marzipan base with sugar fruits on the top.



We know about Tudor cooking from the recipe books that were written at the time. This picture shows the cover of a recipe book by Hannah Woolley. This book had a recipe for marchpane, although these recipes give no weights, measure or cooking times!

BACK

NEXT

Rich Tudors did eat vegetables but not very often. It was thought that vegetables were more suited to poor people. Poor Tudors grew lots of vegetables in their gardens, such as onions, garlic, cabbage, turnips, carrots and parsnips. Vegetables were not eaten to accompany meat like they are today but they would have been put into stews and pottage. Pottage was like a soup which was made of stock, meat (if it was available) and vegetables, and then thickened with oats.

Poorer Tudors had fewer meats to choose from than the rich, but would keep chickens to eat and would be able to buy beef, pork and lamb at the market. They also ate what they could catch, including rabbit, crow and pigeon.



BACK

NEXT

Fruits, such as apples, pears, strawberries, plums and damsons, were widely available although it was thought that eating them raw was bad for you. Fruits were added to meat dishes or cooked before eating. Rich Tudors had fruits crystallised with sugar if they could afford it. Fruits, such as oranges and lemons, had to be imported from other countries and so were expensive. Only the rich ate fruits like these.

This picture shows a re-enactment of Tudor servants preparing a feast for their masters.



As well as fruits and vegetables, the Tudors ate flowers such as primroses and lavender. Herbs were also important, as well as spices from abroad, such as cinnamon and cloves.

BACK

NEXT

It was against the law to eat meat on Fridays in Tudor times. This was not only a religious tradition but also a good way to conserve meat stocks, especially during times when there wasn't much fresh meat. It also meant that fishermen would be kept busy and would have more chance to experience life at sea. This was important as during war time it was the fishermen who became the navy and went to fight at sea.



BACK

NEXT

No one drank water in Tudor times as the water was so polluted. The most common drink was ale - they even drank it for breakfast! Very rich people could afford wine. Tea and coffee was so rare that it was only used as medicine.



Which *Global Goal* does this relate to? What about your rights as children?

Rich Tudors used banquets to show off to their friends and try to out-do each other with the expensive foods they could get hold of. As well as showing the expensive foods they could afford, they would try and make the food exciting and entertaining.

During a banquet for Queen Elizabeth, 24 live blackbirds were put inside an empty pie crust so that when the lid came off the birds would fly out! They also did the same with frogs and other small animals.



BACK

NEXT

The Tudors loved exploring and during this period, lots of new lands were discovered which meant that new foods were being discovered too. During the reign of Elizabeth I, foods like potatoes, corn, tomatoes and turkey had come to England. However, these items were expensive as they were so difficult to get hold of. All these new luxury foods were introduced to Britain during the Tudor period:



tomato



turkey



potato



corn



pumpkin



vanilla



pepper



cashew nuts

BACK

NEXT

Task 1

Imagine you asked these two different Tudors what they ate yesterday. What do you think their answers would be and how do you think their answers would be different?

Task 2: Make comparisons between what you eat today and what the tutors ate using comparative sentences.

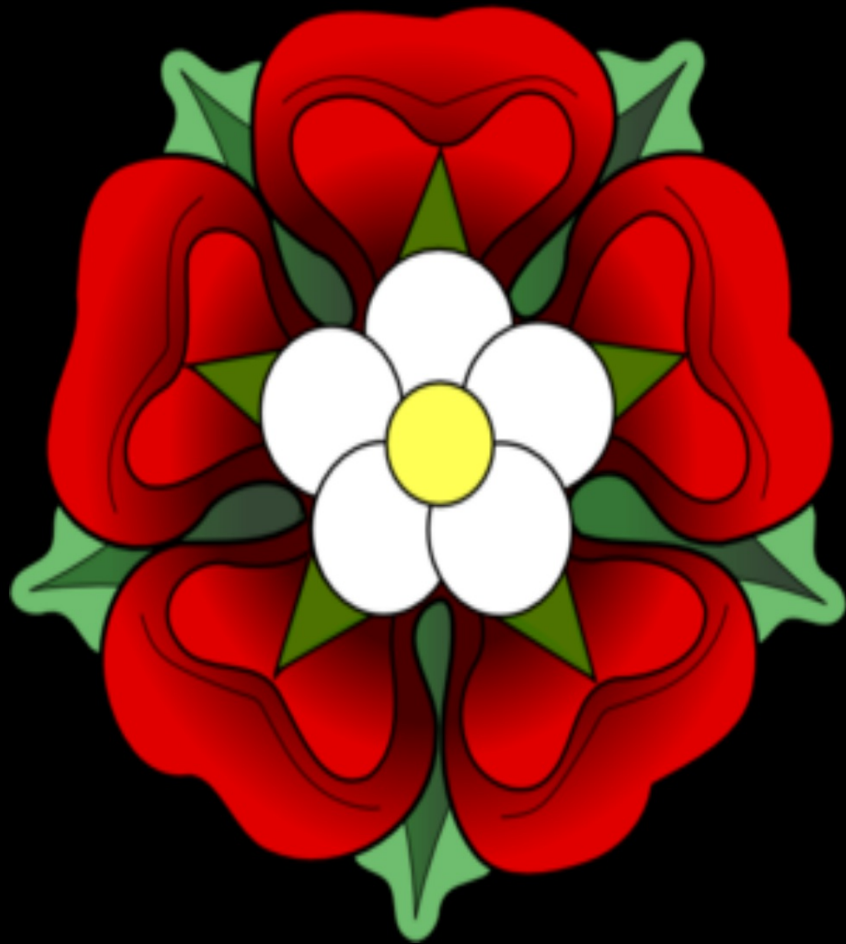


beef
chicken
carrots
swan
pizza
sugar

pepper
Carter's bread
apples
milk
manchet bread
eggs

pottage
venison
chocolate
marchpane
cherries
pork

rabbit
ale
wine
water
pumpkin
turnips



Week 2
Lesson 2

The Torturing Tudors



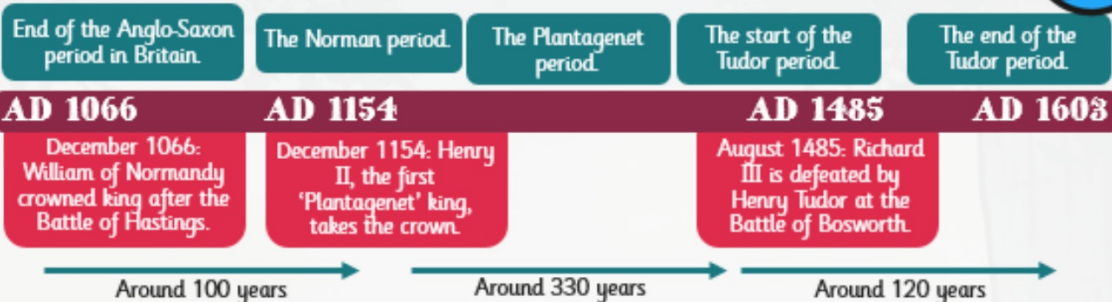
Aim

- I can find out about different punishment methods that were popular during the Tudor period.

Success Criteria

- I can ask questions about various historical sources of Tudor objects.
- I can tell you some key facts about different types of punishments used in Tudor Britain.
- I can explain which crimes were thought to be very serious in Tudor Britain.
- I can compare and contrast the Tudor and Anglo-Saxon justice systems.

Anglo-Saxon to Tudor Timeline



What can you remember about Anglo-Saxon crime and punishment?

1. How did they punish people who stole something?
2. How did they decide whether someone was guilty if there were not enough oath-keepers?
3. Would you have wanted to live during Anglo-Saxon times?

We will now skip forward by over 400 years – through the **Norman** and the **Plantagenet** periods – to the Tudor period!

1. What do you think will have changed in Britain by the time of the Tudor period?
2. Will punishments have become any fairer? Or do you think they will be worse? Why?

Tudor Crime and Punishment

In Tudor times, there were still no police. Crime – mainly stealing – was widespread, as many poor people could not afford to pay for increasingly expensive food. However, punishments were harsh, in the belief that it would stop others from committing the same crime. New punishments were created to be even more terrifying than before.



Because most people did not travel far in Tudor England, anyone who did was often treated with suspicion. Travelling actors had to have a license, otherwise they were breaking the law.

Tudor London experienced some of the worst crime. It attracted many vagrants (people without a home) and people looking for work. The Tudor rich and Tudor poor lived apart, and a poor person in a wealthy area was often thought to be a criminal.



Tudor Crime and Punishment

Public executions were extremely popular and people would wait for hours to watch them, often taking their children with them!

Some historians have estimated that about 70,000 people were executed during the reign of Henry VIII.



Vagrancy (being homeless) was a crime and punished by being whipped, or even hanged. Many people were afraid that all vagrants were criminals and murderers.

Stealing was considered a serious Tudor crime, and people could be punished for just stealing a bird's egg. Stealing even a small amount of money could mean the death penalty.



Guess the Tudor Object!



Look at the picture of **Source 1** on your Activity Sheet.

- What questions do you have about this?
- What do you think it was used for?



Photo courtesy of Geni (www.geni.com) - granted under creative commons licence - attribution

Guess the Tudor Object!



Look at the picture of **Source 2** on your Activity Sheet.

- What questions do you have about this?
- What do you think a person would have done to be given this punishment?



Guess the Tudor Object!



Look at the picture of **Source 3** on your Activity Sheet.

- What is this for?
- What do you think a person would have done to be given this punishment?



Photo courtesy of Chris Downer (@filed.com) - granted under creative commons license - attribution

Guess the Tudor Object!



Look at the picture of **Source 4** on your Activity Sheet.

- What do you think this object was used for?
- What do you think a person would have done to be given this punishment?



Photo courtesy of David Spiggen (iStock.com) - granted under creative commons license - attribution

Guess the Tudor Object!



Look at the picture of **Source 5** on your Activity Sheet.

- What do you think these objects were used for?
- Do you recognise the object what the lady has on her head from another picture you have?

Tudor Crimes: Vagrancy



This is a woodcut from around 1536 depicting a vagrant being punished in the streets in Tudor England.

1. What can you see happening in this picture?
2. Why do you think the rich Tudor people wanted to punish people who were begging?

Tudor Crimes: Treason



The Tudor monarchs were very worried about people trying to take the crown from them. The act of attempting to overthrow or kill the king or government in charge is called treason.



The Star Chamber (a type of court) was set up to hear cases of treason. It became feared, as being on trial here meant no jury, witnesses or possibility of appealing.

The punishment for treason would be death, usually by a very gruesome method to scare anyone else from thinking about it!

Fascinating Fact!

By the late 18th century, punishment for treason became very rare, but the official punishment for treason remained death until 1998!



Photo courtesy of The National Archives UK (@NArchives) - granted under creative commons licence - attribution

Comparing the Tudor Justice System



Questions

1. Why was torture such a big part of the justice system in the Tudor period?
2. What did the Tudors (mainly the rich and wealthy people) see as the most worrying crimes?
3. Are there some punishments the Tudors use that haven't changed since the Anglo-Saxon period?
4. Is the Tudor justice system fair? Can you explain why you think this?



Which Global Goal does this relate to? What about your rights as children?

How well do you think you have met today's aims?
What have you understood better and what questions do you still have?



Aim



- I can find out about different punishment methods that were popular during the Tudor period.

Success Criteria

- I can ask questions about various historical sources of Tudor objects.
- I can tell you some key facts about different types of punishments used in Tudor Britain.
- I can explain which crimes were thought to be very serious in Tudor Britain.
- I can compare and contrast the Tudor and Anglo-Saxon justice systems.

What could you do to get more help?