

Using and improving materials - what do you eat in History lessons

Dear all,

I am one of the participants in the Varna summer school and I teach History of the Middle Ages through the medium of English. During my participation in the summer school I thought a lot on how I can adapt the splendid materials of SAW to my work in History. They, I suppose, are very useful for the work of the teachers who teach Science who can take them as they are and put them into practice. Anyway, observing your discussions I realised that even I can make use of them in order to diversify the 'mediaeval routine' of my lessons and to provide my students with a different point of view on History. So, I thought that it might be a good idea to extend the topic of 'What DO you eat?' to 'What DID your ancestors eat?' and use 'What DO you eat?' materials to make comparisons and draw conclusions. A task, for instance, could look like this:

1. Compile the weekly menu of a family:

a) From the times of Richard the Lion Heart (or the Byzantine emperor Justinian)

b) From the modern times

2. Point out the energetic value of each of the products

3. Compare them.

4. Draw conclusions answering the following questions:

a) How many calories per day/per week a man from the two epochs received?

b) Which one is supposed to be healthier? Why? Discuss!

5. Write a report describing the development of the eating habits of the people from the Middle Ages and the modern times? What do you think about? Can you give me any other suggestions?

Yours,

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May I include some suggestions?

Students could be asked to look for main diseases during this times and how did they change with the time - related to p. 4b. And also to find info about the teeth - they change with the diet. Or make a play - in a (time...) restaurant - and relate it with nutritive customs.

Stefka

Dear Dennis, Milena and all, I like this idea of looking for medieval dishes. Actually I have got a book full of recipes from the Middle Ages. The problem is they are all in Italian. Anyway, I 'll try to translate one for you. This recipe is called "Frico cu la zevole" (In North-eastern Italy that means "Frico"- a particular local cheese- with onions).Ingredients (for four people).-400 grams of half-seasoned cheese-one onion-50 grams of butter

Cut the cheese into thin slices.Chop the onion into very small bits and fry it with the butter in a saucepan on a very low flame. As soon as the onion turns golden, pour the cheese into the saucepan spreading it all over the bottom. Make the flame higher and stir with a wooden spoon.The dish is ready when you have a sort of crispy and golden cake.

It is a very simple dish to cook.In the past it was cooked for woodsmen while working in the mountains. It is very popular even nowadays in North-eastern Italy (near the Austrian border).People say that this dish makes the dead breathe (meaning it is delicious and very energetic).Try it!

I hope you will find it interesting and useful for your classes. I have got more medieval recipes. At the moment I am very busy but I promise I will translate more for you.

All the best.

Doriana Tassotti

P. S. A very special hug to Keith, John and all the colleagues who were in Norwich (on LAC2 course) last September!