

EATING AND DRINKING

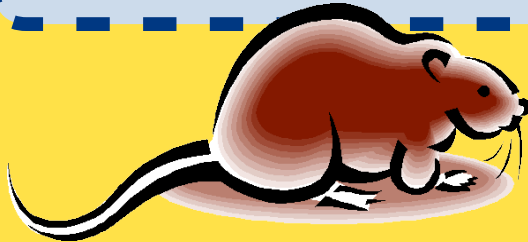
In The Sailing Navy Gallery



Life in the Navy must have been amazing – life on the Ocean waves, new and exciting places to see, guns to fire and meals and drinks on board. In this activity you will discover what mealtimes were like and if they had a wonderful healthy diet like we can have today.

Find the barrels. Which food has attracted the rats to come on board?

I have found something to eat



What do you think the rats are eating? _____

Would you like to eat the food that has been in the barrel?



The barrels were used to keep food fresh. What keeps food fresh in our homes?

Which do you think works best?



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Sailors drank lots of rum and beer when they were at sea.

Draw a circle around the healthy drinks.

water

rum

beer

milk

cola

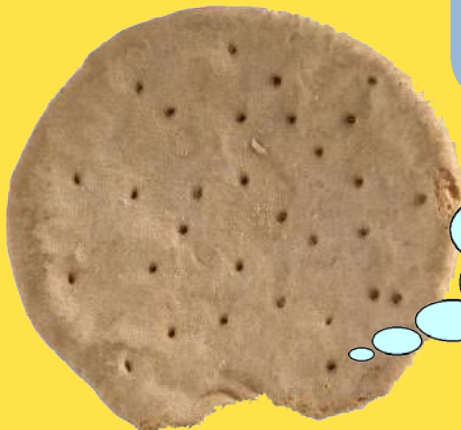


What are your favourites

I'm sure you know that you should get 5 fruit and vegetables a day. Sailors also had 5 a day – ships biscuits that is! These were not like the biscuits we have.

Look closely at the ships biscuits on display.

What can you see in them?



It's not chocolate!

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Write two adjectives to describe the biscuits.

1. _____ 2. _____

Sailors sometimes ate them in the dark so they couldn't see what they were eating.

Sailors needed to eat lots of food for energy, as they worked so hard.

Not eating enough fruit and vegetables can make people ill. Sailors often got a disease because they didn't get enough Vitamin C.

What happened to the sailors teeth?



Find the name of the disease and write it in the box.

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Biscuits and porridge were the sailors' foods for activity. Circle their food for growth.

Meat

Vegetables

Bread

As well as food, we need exercise to be healthy.

Which of these activities did they do?

Sailors had to work very hard.

Scrub the decks

Play tennis

Football

Climb the rigging

Raise the anchor

Of all the foods that the sailors ate, what would you choose?

If you were in the Navy, long ago, which foods from home would you miss the most?

Great work! You know a lot about keeping healthy.