



LOWER Key Stage 2 - HISTORY

Lesson title – *Feeding the Household*

Time of year – all year

Curriculum topic – Local people and place

Focus of learning objectives

To understand historical concepts such as continuity and change, cause and consequence, similarity, difference, and significance, and use them to make connections, draw contrasts, analyse trends, frame historically valid questions and create own structured accounts, including written narratives and analyses.

Curriculum objectives

A study of an aspect of history or a site dating from a period beyond 1066 that is significant in the locality.

Key vocabulary

Continuity and change, Kitchen Garden, Georgian, menu

Additional Curriculum links

Language and literacy
Art and design

Resources required

What we will provide:

What you should bring: Writing materials - Pens/pencils/paper, Clip boards

Preparation required

- Read the **Self-led Teaching Resource – Introduction to the Kitchen Garden**
- Read: *Story of Silkie, the Chiswick Silk Worm*

Other relevant information

Explore Georgian menus! There are links in the section covering the food growing focus.

Introduction to activities

20 minutes

- Explore the Kitchen Garden and discuss.
- Look at the fruit/vegetables in the garden and list them.
- If you were a cook, what would you put on the menu today?

Activities in the Kitchen Garden

90 minutes

Activity 1 Exploring the garden



- What was the function of the Kitchen Garden?
- Who would have worked here and who ate the food grown?
- Explore the garden looking at the structures in the garden. What were they used for? Do some of them look older than others?
- Note the wall around the outside of the garden with gates that lock and explore why the designers might have wanted a wall and gates.

Activity 2 Here we go round the mulberry bush

- Find the mulberry tree in the garden which may date to c1682. Discuss what the tree might have seen over the years since it was planted.
- Explore what the might mulberries have been used for, who would have picked them and who would have eaten them?

Activity 3 Time travellers

- Discuss what the Kitchen Garden might have looked like in the 18th Century when it supplied food for the house?
- What was growing in the garden then?
- Can you make a drawing of what it might have looked like? Include gardeners and the cook.

Extension Activity

10 minutes

- Discuss the role of the mulberries in silk production.
- Discuss the life cycle of a silk work using story of *Silkie the Chiswick Silk worm*. See end of lesson plan
- Discuss products that could have been made from silk.

Health and Wellbeing focus

15 minutes

- Go for a walk around the garden and look for opportunities to stimulate your senses – what can you see, hear feel and taste?
- Feel the walls - are they warm?
- How does the garden make you feel?
- Sit quietly and listen to the sounds around you. What can you hear? Can you say which sounds are natural and which are man made? What sounds would someone in the past have heard and what are modern sounds – cars, planes, mobile phones etc?

Food growing focus

30 minutes

- How would the menu in the past be different to what we eat today and how would it have been cooked?
- Who would have done the cooking?
- Explore Georgian menus! For a description of what Georgians ate and recipes <https://georgianera.wordpress.com/2015/07/10/the-georgians-what-they-ate/comment-page-1/>
- <https://www.bath-preservation-trust.org.uk/wp-content/uploads/2020/05/Cook-Georgian-recipes.pdf>
- A description of seasonal vegetables available in the Georgian era <https://janeaustensworld.com/2022/08/24/foods-in-season-in-georgian-england-pastor-woodfords-dining-habits-hannah-glasses-recipes-and-the-martha-lloyd-connection/>



Extension activity at school

- Use your lists of fruit and vegetables to make up a menu for a feast that the cook would have prepared in the kitchen using produce from the garden.
- Draw a picture of the feast to illustrate the menu.
- Try cooking some of the dishes that you have discovered.
- Write a story about something that happened in the garden narrated by the mulberry tree. Use the narrative to explore how has the garden changed since that time, and what is the same.

The Story of *Silkie the Chiswick Silk Worm*

Silkie the Chiswick Silk Worm: the berry hungry caterpillar

With apologies to Eric Carle.

In the light of the moon a little egg lays on a big heart shaped leaf in the Kitchen Garden. He stays there for 9 to 12 days.

One Sunday morning the warm sun comes up and – pop! – out of the egg comes a tiny and berry hungry silk worm. He is called Bombyx mori but his friends call him Silkie.

He starts to look for some food. All he can find is delicious looking, big black mulberry tree leaves.

On Monday he takes one munch, but he is still berry hungry.

On Tuesday he takes two munches, but he is still berry hungry.

On Wednesday he takes three munches, but he is still berry hungry.

On Thursday he takes four munches, but he is still berry hungry.

On Friday he takes five munches, but he is still berry hungry.

On Saturday he eats a whole leaf, then another and another. He goes for a walk up the branch and eats another. He sees a small succulent leaf and eats that too. (and another, and another).

That night he had stomachache!

On Sunday Silkie finds one nice green leaf, and he feels much better.

Now he isn't hungry– and he isn't a little caterpillar. He is a big fat caterpillar.

He builds a small house, called a cocoon made from raw silk from a thread more than 300m meters long.

He stays in the cocoon for more than two weeks.

Then he comes out.....and.....he is a beautiful silk moth!