

EATING AND DRINKING

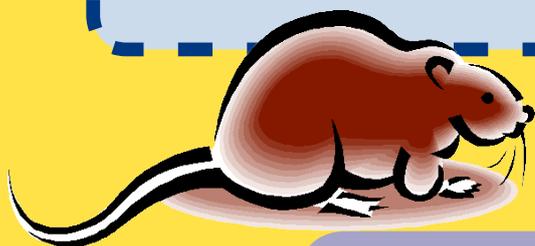
In The Sailing Navy Gallery



Do you think that life in the Navy would have been fun. Let's find out more about the food and drink on the ships.

Look in the barrels. What can you see?

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

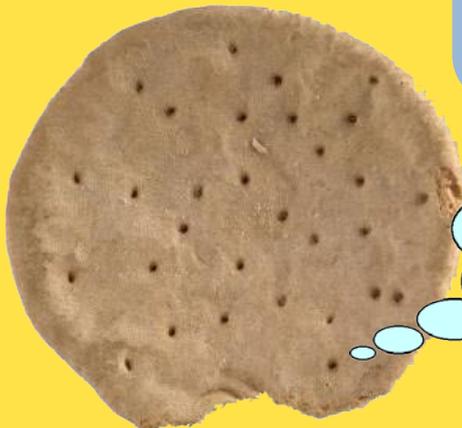


What are your favourites

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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Circle two words to describe the biscuits

dry		soft		hard
	tasty		creamy	

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

Sailors had to work very hard.

Which of these activities did they do?

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.