

Brain Builder 2 – World War I Cooking

Friday 4th October – Friday 8th November 2019

Your task is to research and explore what soldiers ate during World War I:

- What meals were traditionally cooked back at home in England?
- What did British soldiers on the Front Line eat?
- What ingredients were used?
- Was there a shortage of particular foods?

Present your findings in any way that you wish. For example, a magazine article, a fact file, a report, etc.

Once you have researched this, you might like to prepare and cook a World War I dish at home.

- Maybe you could include your recipe?
- You might like to include photos of you making it?
- Maybe you could include your review of the dish or a family member's review?

Extension:

- Were these recipes nutritional?
- How important do you think our modern viewpoint of healthy eating would be to WWI soldiers?
- Would everyone have been able to eat these foods during WWI?