

# Healthy Eating at Tatton Park

## 1. Introduction

This resource pack is intended to support with the delivery of the National Curriculum study of Cookery and Nutrition – part of the Design Technology syllabus. The programme of study stipulates that children must learn:

- **How to cook**
- **The principles of nutrition**
- **Where food comes from**
- **The importance of a varied and healthy diet**
- **The seasonality of foods**

This document includes a range of materials, which can be used as the basis of a classroom study. You can also learn more about school visit opportunities at Tatton Park, which have been developed in response to emergent themes in the curriculum.

Tatton Park proudly releases this resource pack to coincide with the national initiative 'Healthy Eating Week', endorsed by the British Nutrition Foundation.

## 2. Background: Tatton Park

Tatton Park is a historic estate in Knutsford (Cheshire) spanning over 1000 acres of deer parkland. The estate is comprised of 5 visitor attractions – Mansion, Gardens, Farm, Old Hall and Stableyard. The site has a long history and there is evidence of people having lived there since Neolithic times. The very last inhabitant of the estate was the Egerton family, who resided on the estate until the death of the last Baron (Maurice) in 1958. At this point, the estate was bequeathed to the National Trust to become a public owned visitor attraction. Due to the cost of maintaining such a large estate, a lease was drawn up with Cheshire East Council, who agreed to finance and manage the park on the National Trust's behalf. Currently, Tatton Park welcomes approximately 800,000 visitors each year, hosts over 100 events and is visited by 17,000 school children for a range of educational experiences.



We recommend [www.foodafactoflife.org.uk](http://www.foodafactoflife.org.uk) for more information about Healthy Eating.

### **3. Field to Fork Project**

Tatton Park has recently been granted funding by the Heritage Lottery Fund to re-develop our Farm in a ground breaking project, which combines cutting edge heritage interpretation with high quality learning programmes. The 'Field to Fork' project will tell the story and history of farming, agriculture and food production. Buildings that have stood desolate and machinery that has fallen into disrepair will be restored to give visitors a vivid insight into how food was produced in the past. One of the central features will be the restoration of the three storey mill building.

The project will see the introduction of 5 new school programmes developed in direct response to the new National Curriculum: KS1/2 Food and Nutrition, KS2 STEM, KS3 STEM, KS2 Local History and a KS2/3 Transition Project. We will still retain the programmes currently offered at the Farm, including Stone/Bronze/Iron Age, Anglo Saxons, Vikings, Old McDonald and Guided Tours.



### **4. Tatton Dale Farm**

The Farm provides a vivid picture of rural life where time has stood still since the 1930s and traditional animal breeds are still present. Though now a visitor attraction, the site still operates as a working farm using traditional farming methods. In its heyday, the Farm was the heart of the vast estate, feeding family, guests and staff in the Mansion, as well as servicing the park and other outlying properties.



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## 5. Activities: Food Groups

### a) Learning Outcomes:

- To learn the names of the 5 food groups
- To understand that a healthy diet includes foods from all 5 groups
- To name some examples of food that fall into each category

NB: <http://www.foodfactoflife.org.uk/> : an excellent resource for more information.

### b) Introduction:

The foods we eat are divided into 5 different groups:



Source: Public Health England in association with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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**QUESTION:** What does the chart above tell us about the food groups? **CLUE:** Look at the size of the different sections. **ANSWER:** We need more foods from some groups than others to stay healthy – we need lots more vitamins than fat in our diet.

When the Egerton family were living at Tatton Park, the estate produced food from all of these food groups. As a result, the people living there had a very healthy diet.

### c) Food Group Activities:

In this section, we have given one example of a food group activity, which you can carry out in the classroom. We intend to base our new school visits to the Farm on activities such as this, but will be able to bring aspects of the process to life on site; for instance churning butter and milking. This gives children hands on experiences.

We recommend [www.foodfactoflife.org.uk](http://www.foodfactoflife.org.uk/) for more information about Healthy Eating.

## **Fats**

Fats are an important part of our diet, but need to be eaten in moderation – this means not eating too much! Foods containing fats can be very tasty, but can make you put on weight, which is bad for your health.

Butter is part of the Fat food group and was produced at Tatton Dale Farm using traditional methods:

### **How do you make butter?**

A maid would milk a cow and allow the milk to settle in a dish kept in a cool place. This would make the cream rise to the top of the dish. After half a day, the cream would be skimmed off the top of the dish and prepared for churning. Churning means moving the mixture around and is a bit like stirring a soup. The constant movement of the cream would separate the yellow fat from the butter milk. The leftover product gives you butter!



Cheese is also part of the Fat food group and was also produced at Tatton Dale Farm:

### **How do you make cheese?**

You can go to

<http://www.foodafactoflife.org.uk/VideoActivity.aspx?siteId=15&sectionId=66&contentId=163&titleId=171> to see cheese being made in a factory – it is very interesting. But remember, when cheese was made at Tatton Dale Farm it was made by hand. The Farm didn't have any of the machines this factory has, which made it very hard work!

**QUESTION:** Which ingredient do you need to make both butter and cheese? **CLUE:** It is very easy to collect on a Farm, because there are lots of cows. **ANSWER:** Milk.

Old documents tell us that in December 1825, the Farm was making cheese, as well as producing 1313 ½ pounds of butter in a year.

**PUZZLE:** 1313 ½ pounds of butter was produced at Tatton Dale Farm in a year. Pounds are an old fashioned way of measuring weight – now we used grams and kilograms. 1313 ½ pounds is the same as 596kg. Can you work out:

- 1) How many grams of butter was produced? **METHOD:** *Multiply 596 by 1000 = 596,000*
- 2) A standard block of butter in the supermarket is 250g. How many blocks of butter did Tatton Dale Farm produce in 1825? You might need a calculator!  
**METHOD:** *Divide 596,000 by 250 = 2384 blocks of butter*

**INTERESTING FACT:** The amount of butter produced in this one year at Tatton Dale Farm is equivalent in weight to a grizzly bear!

**ACTIVITY:** What different things can be use butter for? **ANSWERS:** *Spreading on toast, greasing a tin, frying vegetables, in sweets (e.g. Werther's Original, fudge) etc.*

But remember: fat is the smallest part of our food group chart, which means we need some in our diet, but not too much. Foods containing fat should be eaten in moderation – **QUESTION:** Can you remember what ‘moderation’ means? **ANSWER:** *Getting the right amount of something and not having too much.*

## 6. Activities: Exercise

### a) Learning Outcomes:

- To understand the importance of exercise in a healthy lifestyle
- To participate in a form of exercise
- To be introduced to the concept of calories

### b) Introduction:

Eating healthy food from all 5 of the food groups is very important, but being healthy isn’t just about what you eat. In order to stay healthy you need to exercise regularly. A little bit every day will keep you very healthy. You can exercise in lots of different ways:

- Walking
- Running
- Playing sports
- Playing games
- Using a playground
- Jumping on a trampoline
- Doing exercise moves: like star jumps or running on the spot

### c) Exercise Activities:

All food contains calories – calories are units of energy, which keep us going during the day. However, it is important not to eat too many calories, as this can cause you to put on weight and sometimes become unwell. Boys aged between 4 and 8 need 1400 calories per day. Girls aged between 4 and 8 need 1200 calories per day. Below is a table of different foods you may enjoy – beside each it tells you how many calories are inside them.

**PUZZLE:** Can you work out what you are able to eat without exceeding your recommended calorie intake? Remember its 1400 for boys and 1200 for girls.

FOOD	CALORIES
A banana	150
A cheese sandwich	497
A slice of pizza	285
An apple	52
A bag of crisps	185
A fish finger	70
A bowl of pasta with sauce	200

A ham sandwich	461
A bar of chocolate	235
A cheeseburger	303
A jacket potato	93
An ice cream cone	207
Sausages and mashed potato	585
A bowl of cereal	110
A slice of toast and jam	117
A portion of chips	222
A slice of chocolate cake	235

Remember, you can eat nice foods such as a cheeseburger and chips, but foods with lots of calories in them should be eaten in moderation.

**TEACHER LED ACTIVITY:** Put the names of the foods above in a hat and let each child select a food at random. Tell them how many calories are inside that item of food. Then compare this with the list below and give them an exercise to carry out that will burn off the calories they have 'eaten.' You can extend this list based on sport equipment you may have available at school.

EXERCISE	CALORIES BURNED
A star jump	153
Jogging on the spot for a minute	8
20 steps	1

**TEACHER LED ACTIVITY:** Organise a game of Four Corners in your school hall. You can tie this into the previous food group activity. Name 4 food groups and give each corner of the room one of these names. Instead of simply calling the name of the corner, list foods that fall into that food group – if the corner you choose was Fat you could say: cheese, milk, cake, pizza etc. This will become trickier if you select foods that could fall into more than one category! The children must run to the corner they think you and describing and the last one there is out of the game. You may want to knock out 4-5 children in later rounds to speed up the process.

**INTERESTING FACT:** By playing this game for 15 minutes, you will have burned approximately 151 calories!

## 7. Activities: Cookery

### a) Learning Outcomes:

- To understand the purpose of a recipe
- To understand that a selection of ingredients are required to make a meal
- To understand that people living at Tatton Park could make a variety of healthy dishes using produce grown/reared on site

## b) Introduction:

Learning how to cook is a very important skill for life. It means that you are able to prepare healthy meals that include ingredients from all 5 food groups. Pre-prepared meals are high in salts and fats, which can be very unhealthy if eaten regularly.

At Tatton Park, a housekeeper would live in the Mansion and be in charge of making meals for the family and their guests. Tatton's housekeeper was very lucky to have had a large range of ingredients available around the site to use in the daily meals.

Old documents tell us that in December 1824, 660 eggs were delivered to the Mansion from Tatton Dale Farm.

**PUZZLE:** A chicken usually lays 3 eggs per week. If 660 eggs were delivered to the Mansion, how many chickens must Tatton Dale Farm have had? **METHOD:** *Divide 660 by 3 = 220.*

**QUESTION:** What food could the housekeeper ask the maids to prepare using eggs? **ANSWERS:** *Cakes, biscuits, scrambled eggs, fried eggs, boiled eggs, omelette, egg salad etc.*

## c) Cookery Activities:

One lady who was a housekeeper at Tatton Park was called Catherine Bromley. We know that she was working there in 1685 (over 300 years ago!) because we found an old notebook that belonged to her and she had written her name and the date inside.

One of the dishes most enjoyed by the Egerton family was called 'Barn Makins', which is a little bit like cheese on toast. Below you can see the recipe in Catherine's own words – we have copied this from her notebook:

"To make Barn Makins – take a pound mild cheese and pound it fine in a mortar. Mix it well with two eggs and drop it on pieces of toast and put them in a tin oven before the fire on toast."

Lots of meals eaten by the Egerton family included cheese and eggs, because there was lots of these ingredients coming into the kitchen from Tatton Dale Farm.

**PUZZLE:** Can you read Catherine's recipe for gingerbread below and pick out all of the ingredients she needs? Remember that the recipe is in old fashioned language so some parts might be harder to read!

"A pint of flour, an ounce of ginger, 6 ounces of course sugar, two eggs, half a pound of melted butter, a pound of treacle – mix it with a spoon, add some lemon peel, shred half a nutmeg grated. When well mixed drop into tins and bake it."

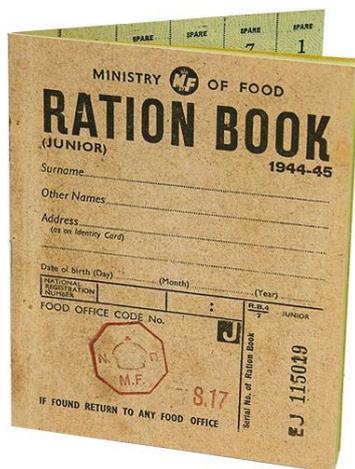
**ANSWERS:** *Flour, ginger, sugar, eggs, butter, treacle and nutmeg.*

**QUESTION:** Which two ingredients would Catherine have been able to have got from Tatton Dale Farm? **ANSWERS:** *Flour and butter.*

During World War Two, food was rationed – this meant you were only allowed a certain amount of popular foods to stop supplies from running out.

### Why was food rationed during World War Two?

Lots of the food eaten by people in Britain was brought in from other countries on-board ships. The ships were being attacked before they had chance to drop off the food, so the food was lost. This meant that the only food that was available was the food already in stores in Britain. The government didn't want the food to run out, or for it all to be bought by rich people with lots of money. Instead they produced a ration book (you can see a picture below), which contained tokens that people could swap for a certain amount of food.



Every week, each person was allowed:

- 50g of butter
- 225g of sugar
- 50g of cheese
- 450g of jam every two months
- 100g of bacon and ham
- 1 egg
- 1 packet of dried eggs every four weeks
- 100g of margarine
- 3 pints of milk
- 50g of tea
- 350g of sweets every four weeks

This gave people a very limited choice for their meals and they were forced to grow their own crops to add to their collection of rationed food.



We recommend [www.foodafactoflife.org.uk](http://www.foodafactoflife.org.uk) for more information about



Tatton Park would have been very fortunate, as both Tatton Dale Farm and the gardens would have been able to grow lots of fruit and vegetables in the fields.

The main message during the war was to avoid wasting food. People needed to use up their supplies and not put things in the bin unnecessarily.

**TEACHER LED ACTIVITY:** Assist the children in preparing a wartime pie. In groups, they can each prepare one aspect of the dish and then this can be cooked in your school kitchen.

Ingredients for a Wartime Pie:

- 1lb of potatoes – slices (wash, peel, slice)
- 1lb of cauliflower – chunks (wash, separate, cut)
- 1lb of carrots – diced (wash, peel, chop into small chunks)
- 1lb of swede – diced (wash, peel, chop into small chunks)
- 3 spring onions – diced (slice into small chunks)

Add the vegetables to a large dish, cover with stock, lay potato slices over the top, cover with tin foil and put in the oven at 180 degrees until the vegetables are tender.

All of the ingredients for this wartime pie would have been grown onsite at Tatton Park at either Tatton Dale Farm or in the gardens.

## **8. Summary**

This resource pack contains source material, puzzles and activity recommendations for you to use in the classroom. However, we feel that this topic can be brought to life even more vividly and creatively through a visit to Tatton Park. The Field to Fork project will give us a bespoke built space to cook with the children – who will be able to pick produce and then be guided to prepare a dish. They will be able to participate in cheese and milk making demonstrations, interact with the animals, learn about farm life, explore farming techniques (e.g. ploughing, milking) and more! This exciting new project will allow us to create education sessions that are fun, engaging and cross curricular – hitting key topics in Science, Maths, Design Technology and History. Please track our progress and consider us for a school visit destination very soon!