

## Objective

By the end of this lesson, Fiona will have a deeper understanding of historical cooking methods used in the 1600s, particularly in royal kitchens. She will explore the ingredients available during that time, learn some new cooking terminology, and prepare a simple dish inspired by royal recipes.

## Materials and Prep

- Basic cooking utensils (pot, pan, knife, cutting board)
- Ingredients for a simple 1600s-inspired dish (e.g., chicken, herbs, root vegetables)
- Access to a stove or cooking surface
- Notebook for jotting down new words and recipes
- Research materials on 1600s cooking (books, articles, online resources)

Before starting the lesson, it would be helpful to research common ingredients and cooking methods used during the 1600s, especially in royal households.

## Activities

- **Ingredient Exploration:** Fiona will research and list common ingredients used in the 1600s, focusing on what would have been available in royal kitchens. This will include meats, vegetables, herbs, and grains.
- **Cooking Method Demonstration:** Fiona will learn about and demonstrate at least two cooking methods from the 1600s, such as roasting or boiling, and discuss how these methods were influenced by the ingredients available.
- **Recipe Recreation:** Using her research, Fiona will choose a simple recipe inspired by royal dishes and prepare it. She will document the process and the ingredients used.
- **Word Wall Creation:** Fiona will create a word wall of new cooking terminology she learns during the lesson, including words that were common in the 1600s and those still in use today.

## Talking Points

- "In the 1600s, the availability of ingredients was heavily influenced by geography and season. Can you imagine what it would be like to only eat what was grown around you?"
- "Royal kitchens often had access to exotic spices and ingredients that common people didn't. What do you think they used those for?"
- "Cooking methods like roasting and boiling were common. Why do you think these methods were preferred back then?"
- "Herbs were not just for flavor; they were also used for preservation and health. Can you think of any herbs you use today?"
- "Many cooking terms we use today, like 'sauté' and 'bake,' have roots in historical cooking practices. Isn't it interesting how language evolves?"
- "Royal recipes were often elaborate and required skilled cooks. What do you think it took to be a cook in a royal kitchen?"
- "Food was often a status symbol in the 1600s. How do you think this affected what people ate?"
- "The concept of a 'meal' has changed over time. What do you think a typical meal looked like

in the 1600s?"

- "Cooking was a communal activity. How do you think families or communities would come together to prepare meals?"
- "Can you think of any modern dishes that might have historical roots in the 1600s?"
- "The preservation of food was crucial. What methods do you know of that were used back then?"
- "Understanding history through food can give us insight into culture. What does food tell us about a society?"
- "As you cook, think about the tools you are using. How have they changed from the 1600s to now?"
- "Cooking can be a form of art. How do you express creativity in the kitchen?"
- "Finally, remember that cooking is about experimenting. What new flavors or techniques are you excited to try?"