

Eating together

Purpose

Meaningful activity
 Expressive, calming, hand-eye coordination.
 Opportunity to talk together about food.

Time: Approximately 30-60 minutes, one to one

Resources suggested you will need:

Paper
 Pen or pencil
 Colored pens, pencils or paints

Writing, discussion, visual art



The steam trawler Reginald (1899) [PH 75] stranded on the Ledge at Porth Hellick. 5 July 1902. RMG Id G14036

In this photographs the sailors are having a picnic on the rock whilst waiting for assistance.

Activity: Picnics

Step 1: Discuss what you think was on their picnic menu

Step 2: Make a list of some of your favorite food from your childhood that you would like to take on a picnic

Step 3: Draw your picnic

Step 4: Do you have any of these items at home? Make a picnic to have together.

Inspiration from the Caribbean Social Forum



Tiffin tin



Conkie



Conkie is also known as 'Tie-a-leaf', 'Blue draws', Duckanoo or Ducana. It is a cornmeal based delicacy made with coconut, sugar and sometime sweet potato, tied up in a banana leaf. Different variations of its name and recipe can be found across Jamaica, Antigua and Barbuda, Barbados, French Guiana and some other Lesser Antilles.

Inspiration from the collection



Four expedition members having lunch in a tent set up on shore at Cape Evans during the unloading of Terra Nova (1884). A Coleman's Whole Meal crate is being used as a table, which has a large tin of Tate & Sons granulated sugar and other smaller tins and plates on it. 7/1/1911. RMG ID ALB1217.16

Celebration food

<p>Purpose Meaningful activity Expressive, hand- eye coordination. Opportunity to talk together.</p> <p>Time: Approximately 30-60 minutes, one to one</p>	<p>Resources suggested you will need: Paper Pen or pencil</p> <p><i>Discussion, writing, role play</i></p>
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Man carrying a large Christmas pudding, printed on the back of a blank menu for SS Garonne, Orient Line. RMG ID PAE3085.

Activity: celebrating with food

Step 1: Discuss what food you had as a child to celebrate special occasions – birthdays, religious festivals, graduations

Step 2: Choose one and write down some of the key ingredients that you would need

Step 3: Write down some of the steps for making this and what they felt like
What were the smells?

Did you get your hands in the bowl to mix the ingredients? What did it feel like?

What cooking equipment did you use?

Step 4: If you have access to a kitchen, lay out all of the equipment you might need

Step 5: Take it in turns to mime the steps and how you remember using the equipment

Inspiration from the Caribbean Social Forum



Jamaican duck bread is typically made around Christmas to have with Christmas dinner in Jamaica.



Bun and Cheese is traditionally made for Easter in Jamaica. The bun is similar in some ways to the hot cross bun from Britain but instead uses molasses and dried fruit is added to make it more of a fruit loaf.



Jug Jug is a traditional Christmas dish in Barbados made of mashed peas, pepper, onion and garlic. Traditionally made as an accompaniment to boiled ham.

Ingredients

8 cups pigeon peas (not sweet peas)
1 cup guinea corn flour
½ lb salted meat
¼ lb pork or chicken
2 tbsp butter
2 onions
4 tbsp mixed herbs chopped (chives, marjoram, thyme)
4 cups of water
salt and pepper to taste

Directions

Soak the salt meat in water for an hour to remove most of the salt, changing the water once halfway through. Cut into small pieces.

Boil the chicken or pork in water; once meat is tender add the salt meat, peas, herbs and onions.

When the peas are soft, strain the mixture being sure to reserve the liquid for use as stock later on.

Mince the meat, pea and herb mixture to a fairly fine consistency.

Cook the guinea corn flour in the reserved stock for about 10 mins **stirring constantly**. Add the minced mixture, lower to medium heat, cook for 30 mins (stirring regularly) until you achieve a fairly stiff consistency.

Stir in half the butter.

Remove from the heat, pour the mixture into a dish, and spread out smoothly with the remaining butter.

Serve hot, with sliced ham, pork, turkey or chicken.

