

History Knowledge Organiser

Year 1

Summer (i)

What did Tudors grow and eat?

Substantive Knowledge - Rich and poor Tudors would have eaten differently. Rich Tudors would have eaten a lot of meat and poor Tudors would have eaten fruit and vegetables.

What did Henry VIII eat?

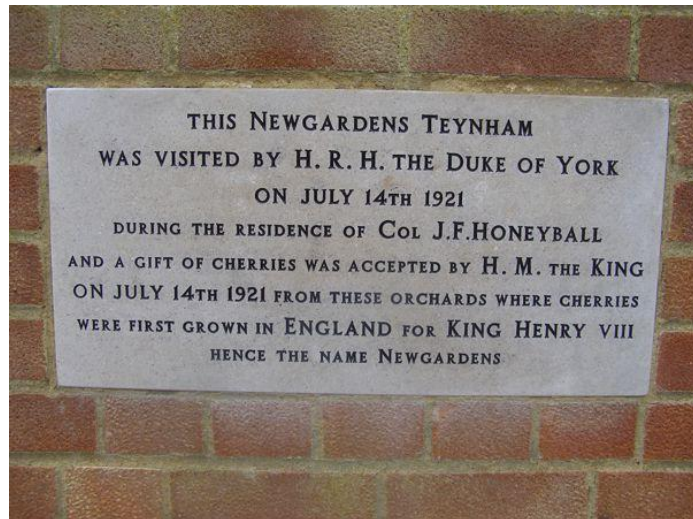
Henry VIII was a Tudor king of England. He loved eating fruits and vegetables. He and his second wife, Anne Boleyn, enjoyed eating strawberries and cherries. When living in Kent, the Garden of England, they grew their own fruits and vegetables to eat and planted apples and other fruit orchards.



Food for the Rich in the Tudor Royal Court



Rich Tudors ate hare, venison, lamb, swan and even dormice as well as apples, pears, plums, cherries, strawberries, onions, cabbage, beans, peas and carrots.



Henry VIII and Anne Boleyn's fruit garden (Kent).

Food for the Tudor Poor



Poor Tudors ate stewed vegetables and pulses (beans, lentils and peas). They were allowed to eat meat if they could find it. For example, rabbits, chickens and pigeons.

The Garden of England, Kent, reminds us of our Tudor past.



Tudor hunting

Did you know?

When eating, only the monarch (King) was given a fork to eat with.

Rich Tudors would have eaten a lot of meat such as hare, venison, lamb, swan and even dormice.

Sumptuary laws

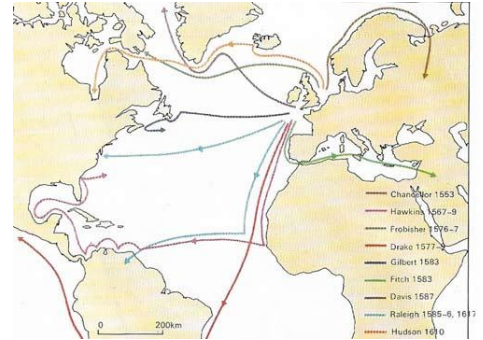
The Tudor monarchs made laws that allowed rich Tudors to eat rich, extravagant and expensive food but banned poor Tudors from eating them.



Could Henry VIII of eaten the same food as the poor tudors? He would have eaten cabbage and beans but had access to more fruits and vegetables than the poor. He enjoyed hunting for meat.

Richard Harris

Richard Harris was Henry VIII Royal fruitiere at the Teynham estate. He established the first large orchard and took care of the fruits that were harvested on land for Henry to eat.



We know that palaces and rich people's houses had herb gardens but they did not eat many vegetables because they thought they were only for poor people.

Trade and explorations to other countries (including America) brought food such as tomatoes, sweetcorn, potatoes and turkey to the rich Tudors and food (feasts) were an important part of the Tudor court England.

Portable Knowledge - What we need to remember

A monarch is a king or queen.

Kings and queens are the head of the royal family. The U.K. has a royal family and its head is King Charles III.

The most famous Tudor Monarchs are Henry VIII and they had fruit gardens in Kent.

Tudor monarchs lived in Kent and grew fruits and vegetables.

We know that the rich and poor had a very different diet and ate different foods.

Core Vocabulary

Rich – to have a lot of money and materials

Diet – the foods that people and animals usually eat

Trade - the swapping of goods with other people and countries