

Grade 5: What can I bring for my lunch?

When you come to Ross Farm museum you will want to bring a lunch or a snack to eat. Here is a challenge for you. Can you pack a lunch for yourself similar to one the **first rural people** would have eaten? Here are some things for you to consider before you begin this challenge. Complete the chart below:

	Today	1816 - 1820
What are my food choices?		
Where does my food come from?		
What container will I use for my food?		
What will I drink?		
How will I keep foods hot or cold?		
What waste will I have from this food?		

Remember Grade Five, this is a “no trace” activity. Whatever you bring for your lunch will go home with you.

Before you start this chart, here are some suggestions:

1. You may want to collect food flyers from the local stores and bring them into your classroom. Then you could list the foods you eat and identify where each food came from.
2. Students, you could draw your lunch container in the box provided.
3. Children, you could categorize the waste from your lunch as paper, plastic, cloth, metal, organics.
4. Consider all the ways your foods stay hot or cold.
5. Ask the older members of your community what they ate for lunch when they went to school.
6. Use the internet to find out what people used in times long ago. Here is a place to start but ask your librarian to help.

<http://www.thecanadianencyclopedia.com/index.cfm?PgNm=TCE&Params=a1ARTA0000077>

<http://lrt2.ednet.ns.ca/PD/bea/slidegif/huntfarm.shtml>

Hints for teachers:

Farms in the early 1800s Nova Scotia were few and far between so families relied on their own resources to feed the family. Those receiving land grants such as the one in "Sherbrooke", now New Ross, were just demobilized from the army so they were used to the army providing for them. Some of the officers had wealth from independent sources. The families of some soldiers travelled behind the army or did work for army personnel like laundry or cooking in the quarters. People in larger centers like Halifax had the benefit of some imported products from United States and Great Britain. Locally, some people had access to dairy cattle (milk, butter and cheese), grain growing such as wheat and oats (flour for biscuits), vegetables from First Nations people such as corn, squash, beans, as well as beets, turnip, potatoes, pumpkins and local fruits such as apples and berries. Eggs from their own hens, fish from local waters, and whatever could be hunted in the regions supplemented the diet. People carried their lunch in a tin (syrup, lard) with string tied to holes punched in the sides, a basket, or tied in cloth. Water came from local sources.