

How to cook food in the older days.

Among
concepts.

Today's rapidly increasing demands and hectic schedules make it challenging for a family to dine together. Many dinners include fast food or carryout delivery from places like KFC or McDonald's. When families have time to prepare a meal it is rarely from scratch. Technology that we often take for granted such as microwaves and refrigerators has greatly affected what we eat and how we eat it. Modern meals are planned around the family's schedule but this was not case two hundred years ago. In fact two hundred years ago the family planned its schedule around meals! During the early 1800's cooking dominated the time and energy of the average housewife. There were no big grocery stores where families could go to purchase food and eating out was truly a rare treat usually possible only when traveling. Most fruit and vegetables were grown on the farmstead and families processed meats such as poultry, beef and pork. People had seasonal diets. In the Spring and Summer months they ate many more fruits and vegetables than they did in the fall and winter. During those colder seasons families found ways to preserve their foods. The three main ways of curing [the process of preserving food] during this time included drying, smoking and salting. Each method drew moisture out of foods to prevent spoiling. Fruits and vegetables could be dried by being placed out in the sun or near a heat source. Meat products could be preserved through salting or smoking. A salt cure involved rubbing salt into meat which was then completely covered in salt and placed in a cool area for at least twenty-eight days.

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growing up in the Olden days

100 years ago people were poor. Nobody had a car so they walked everywhere or by bike or a horse. Every day every child had to bring a piece of wood for the school heating. Every year when the children went to school they had very little books. There most common subject to do in school was Religion. The children wore very shabby clothes and very worn shoes on their feet. Every time a student was late for school or got a question wrong they would get smacked by a ruler.

When children were playing there was no computers, Ipads or phones to play games on. Instead they played chase, skipping, hide and seek or football. Every student had to walk 3 miles or more to school every day. There were no playgrounds, cinemas, leisure centers or Adventure parks but the children were still happy. For dinner they had potatoes and cabbage and once a week maybe a dessert. Every day the students would bring either cocoa, Milk or water to school. And they would put it by the fire and by lunch their drink would be warm. The subject they did in class were the same as today. Writing, reading, maths and Religion were the most important. The teachers could be very cross if anyone was bad in class. In school the students didn't have as nice pencils and colours as we do now. These pencil cases and school bags were also very shabby.

Anna Connelly

4th Class

St Mary's Rosscarbery