

# *A Taste of the Past*

## *Transform your packed lunch into a Tudor feast*

In order to make your Tudor day as real as possible, you can bring a packed lunch with a difference! Here is a list of suitable foods:

- A piece of English cheese such as Cheddar
- Meat such as ham, a chicken leg or a pork pie
- Some wholemeal bread
- A hard boiled egg

- Fresh fruit such as apples, pears or plums
- Dried fruit such as raisins, dates or figs
- A honey and raisin cereal bar
- Gingerbread
- Apple pie
- Shortbread

The Tudors did not have plastic or even aluminium foil. Please wrap your food in greaseproof paper and then tie it up inside a clean tea-towel. Make sure you tie a name label around it too.

You will also need a drink such as apple juice or water.

