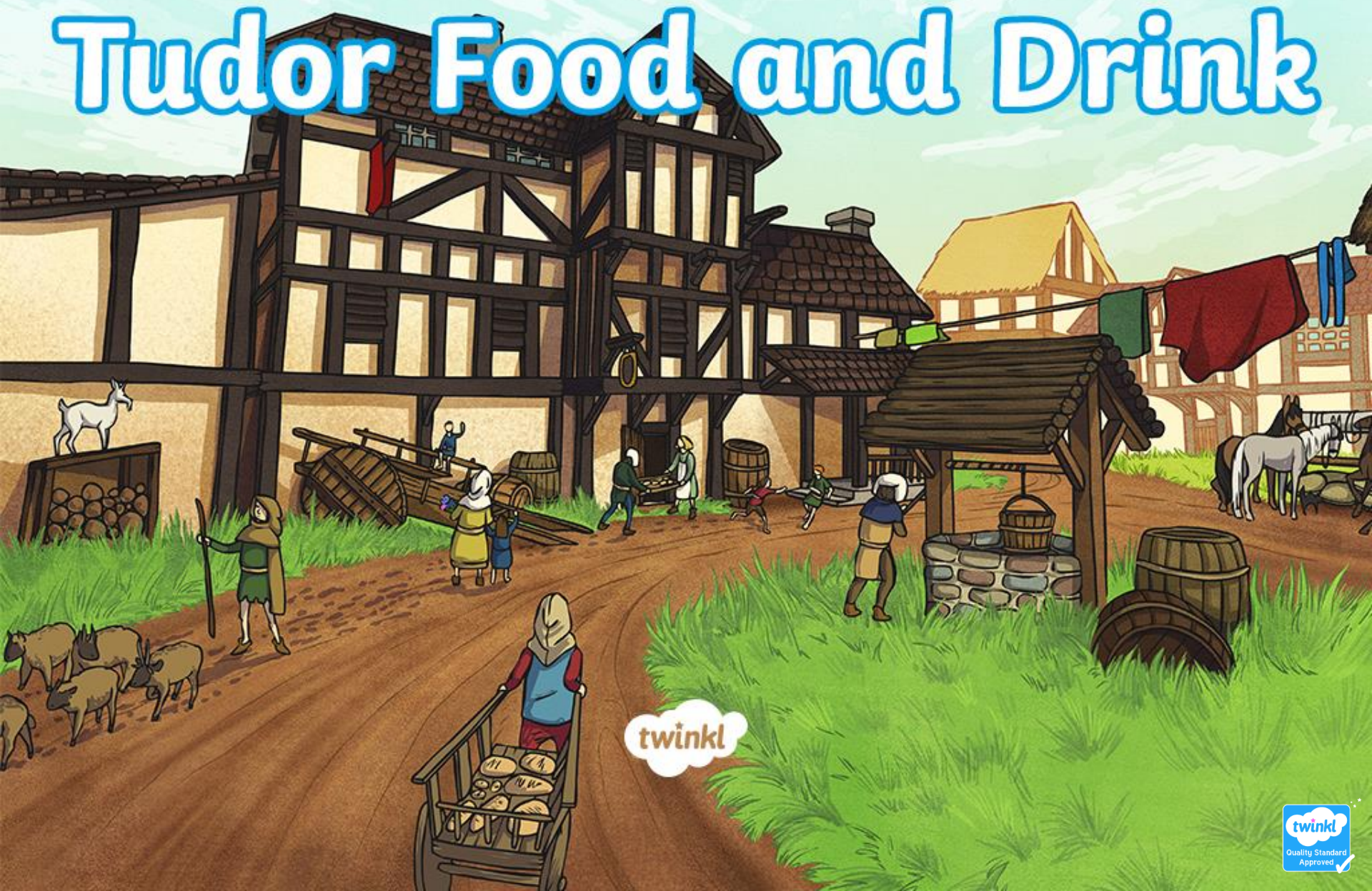


# Tudor Food and Drink



twinkl



# The Tudor Era

The Tudor era began in 1485 when Henry Tudor defeated Richard III at the Battle of Bosworth Field. After the battle, he was crowned King Henry VII.

It ended in 1603 when Queen Elizabeth I died.

Food was seen as a sign of status and wealth. Meals in the Tudor Court were very lavish and rich. If visiting nobles were not served more than twenty different meat dishes, they would feel insulted.





# The Court of Henry VIII

There were approximately four hundred people at King Henry VIII's Court, who were allowed two meals a day. When they dined, they were seated according to their rank.

The King would normally eat in his private rooms; however, at special times, he would eat in his Presence Chamber.





# The Royal Kitchens

The royal Tudor kitchens would make around 1000 meals a day. The meat would be cooked on a spit in a huge fireplace. However, the food Henry VIII ate was prepared in a private kitchen by the Privy Master Cook, John Bricket.





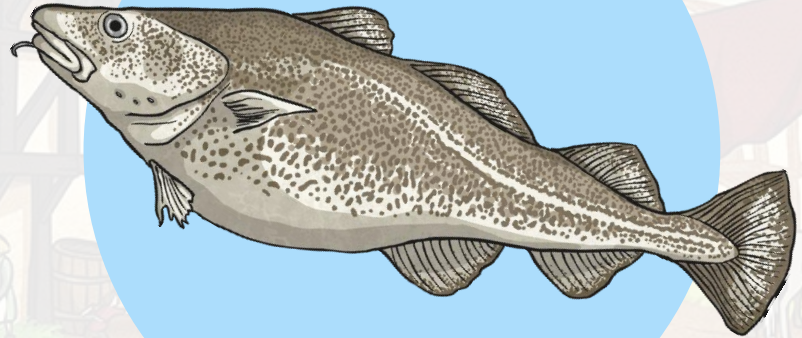
# What Did Poor People Eat in Tudor England?

Most people in the Tudor era lived on a diet of bread, butter, cheese and eggs. They would often eat a food called potage (a vegetable broth thickened with oats).



# Fish

During the Tudor times, fish was mainly eaten in places near rivers and the coast. However, due to religious rules, people had to eat fish on Fridays and during Lent. Eels, pike, perch, trout, sturgeon and salmon were a part of the Tudor diet.





# Meat

Meat made up three-quarters of the Tudor diet. Animals like cows, pigs and sheep were killed just before they were needed for food. Many other types of meat were eaten during the Tudor era.

rabbit

pheasant

deer

goose

hare

wild  
boar

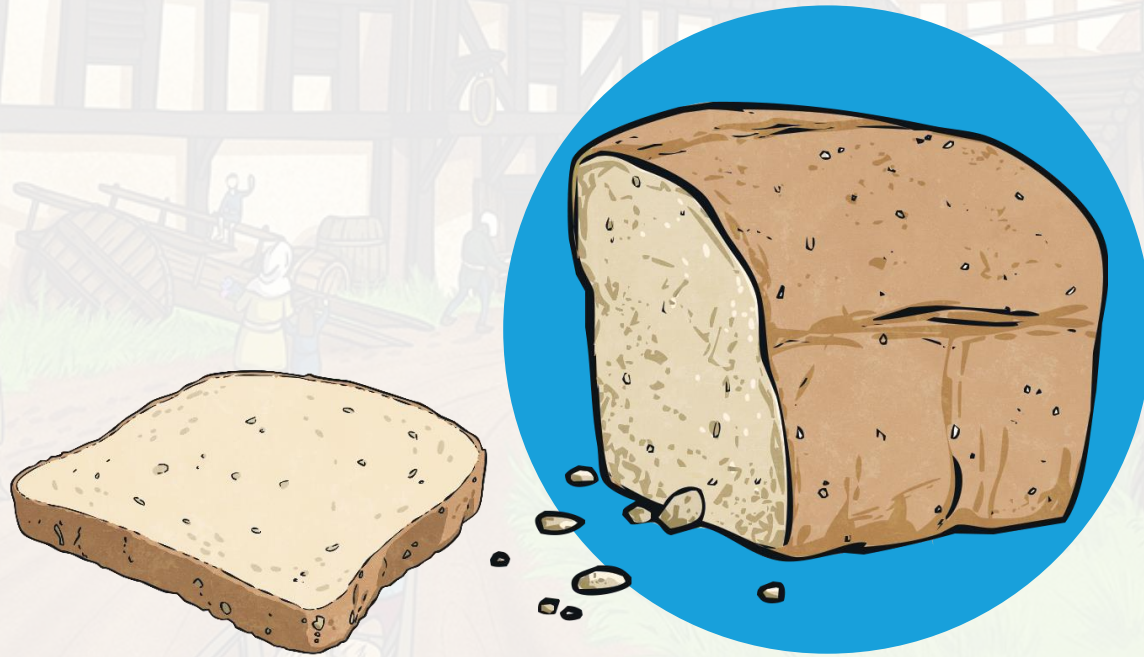
partridge

These animals are known as **game**. In Tudor times, the animals were killed then hung in a cold room before being cooked and eaten.

Henry VIII ate swan and seagull at Court.

# Bread

The type of bread you ate in Tudor times, largely depended on how wealthy you were. The rich would eat white bread; however, the poor would eat bread made from rye.





# Sweet Foods

Sugar was brought from Cyprus. It became very popular during Queen Elizabeth I's reign. Marzipan was used to make models of castles and animals, which would then be the centrepiece of the Tudor dining table. Poorer people would use honey to sweeten their food, which was cheaper and easier to find.

Did you know?

Wealthy Tudors loved sugar so much that they would even eat rose petals covered in sugar.





# Drink

Water was not used as a drink as it was often unsafe due to sewerage. Instead, poorer people drank weak ale – even the children – and the wealthy drank wine.





# Cutlery

People in the Tudor times would use knives, fingers and spoons to eat their meals. At the Court of Henry VIII, only the King was given a fork, which he used to eat sweet food. In Tudor times, forks were only used to serve, cook and carve food.







twinkl