



Look at the image of the Eatwell Plate. The plate shows how much of your food should come from each food group. The image below shows what a Sailor would get daily in 1914.

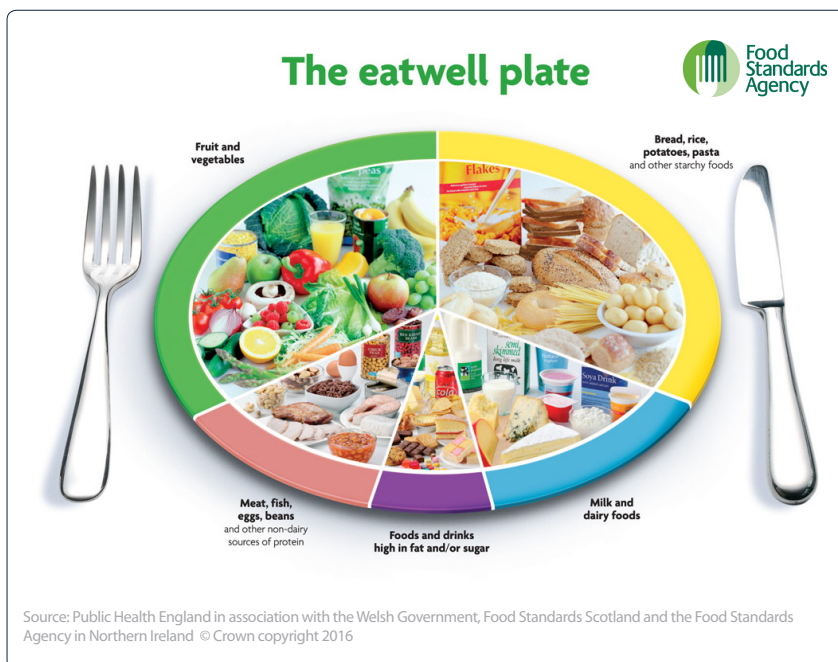
- Compare a Sailor's daily rations in 1914 to the Eatwell Plate? Is the Sailor's diet balanced?
- What types of food could the Sailor's daily rations contain more of and less of?
- As a class make a list of your favourite types of food. Which types of foods do your class like the most?

100 years ago Sailors' daily rations included:

- 1 lb. bread or biscuit
- ½ lb. fresh meat
- 1/2 oz. soluble chocolate
- 1/4 lb of split peas (when fresh vegetables weren't available)

Can you convert the rations from Pounds and Ounces into Grams (g) and Kilograms (kg)?

- 1lb = 0.45 Kg
- 1oz. = 28g
- 1 kg = 1000 g



Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group

Sailor's Daily Rations

- Vegetables - Such as carrots or onions
- Starchy food - such as potatoes, bread or ship's biscuits
- Dairy - such as condensed milk
- Sugar - such as jams, chocolate or cocoa
- Meat - Fresh meat or salted beef or pork

