

Starving Sailors

Instructions for Teachers

Materials:

- Pencil
- Starving Sailors Activity Sheet
- Biscuit Recipe
- Oven
- Rolling pin
- Baking sheets
- Flour
- Salt
- Fork, mixing spoon
- Bowl

Learner Objectives:

- Identify the average diet of sailors at sea.
- Give examples of ways sailors expressed their dislike for the food.
- Identify the types of food they ate on board.
- Create sea biscuits.

Procedure:

- Give each student a copy of the Starving Sailors Activity Sheet. Read and answer the questions.
- Copy the Provisions at Sea vocabulary and crossword puzzle. Discuss the foods used at sea. Test the students' knowledge by using the crossword puzzle.
- To create sea biscuits, follow the recipe. Serve with something to drink, so the students can soak the sea biscuits like the sailors did.

A Sailor's Ration

Sea Biscuit Recipe

You can make sea biscuits (hard tack) with the following recipe and experience eating what sailors often depended on to keep alive. There is a prime ingredient missing: the weevils!

Ingredients:

- 4 parts Flour
- 1 Part Water
- Salt to Taste

Make dough. Roll out on a floured surface about ½ inch thick. Cut into pieces about 2 ½ to 3 inches. Place each cracker on a baking sheet, poke holes in the top with a fork and bake at 250 degrees for one hour or until lightly browned.

These biscuits are hard. Just like we crush crackers in soup, they soaked sea biscuits in water, coffee or stew.

