

Discover:

Sweets and Treats

Key Facts

- For most of history sweets were made of fruits, nuts and honey. Sugar became available from the late Middle Ages, but was very expensive and only used by the very rich.
- Tudor treats included 'marchpane' - a form of marzipan made with rose water that was shaped into colourful decorations.
- Sugar and sweets became more common in the Victorian era, starting out as boiled sweets. 'French style' sweets, hard-boiled with soft centres were introduced in England at the Great Exhibition in 1851.
- Many sweets started out as a way to make medicine taste better. Liquorice was used as a medicine long before it was a sweet.
- Chocolate first came to the UK in the 1650s. Then, it was sold as a hot drink in cafes. The first chocolate bar was invented in 1847.
- Toffee and fudge were invented in the late 19th century.

Where to find more:



- Discover some historic recipes kept at the County Record Office and sateempts at making them at the Our Warwickshire website: https://www.ourwarwickshire.org.uk/search?st%5B%5D=heritage+cooking&css_searchfield%5B%5D=text
- What did historical cook books have recipes for? Find out here: <https://www.ourwarwickshire.org.uk/content/article/mary-wises-recipe-book>
- Watch sweets being made as they were in the Victorian era in this video from the Black Country Living Museum: https://www.youtube.com/watch?v=_6ILjYRaqqQ

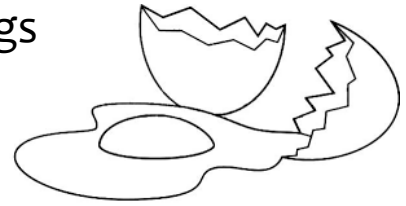
Pre-Historic Feast

What do you think you could have had for dinner thousands of years ago? Choose from the options below to create a menu for a prehistoric feast.

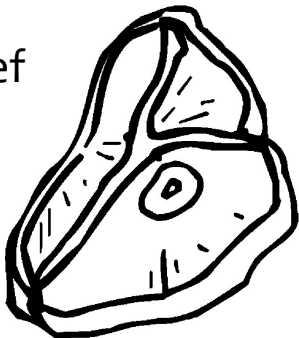
Cabbage



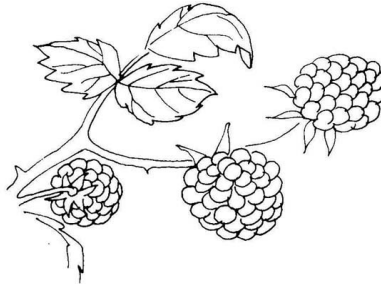
Eggs



Beef



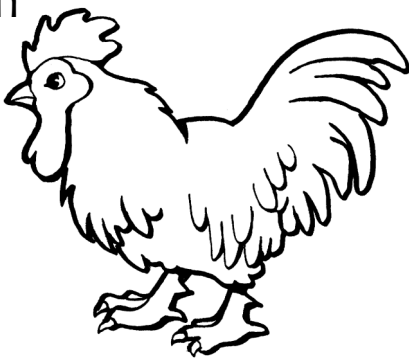
Berries



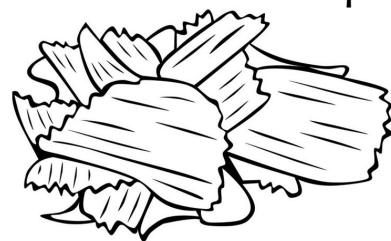
Pizza



Chicken



Crisps



How to Make:

Sweets and Treats

Victorian Lemonade

Ingredients

The rind of 5 lemons
The juice of 5 lemons
8 oz. (230g) of
granulated sugar
4 pints of water

Equipment

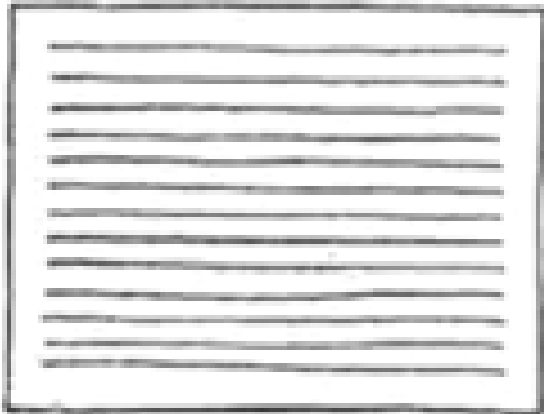
2 large jugs
Grater
2 lemon squeezers
Pestle and mortar
Weighing scales
and weights
Wooden spoon
2 bowls
Knife (adult use
only)

1. Measure two pints of water into each jug.
2. Finely grate the rind of the lemons into the two bowls.
3. Using the squeezers extract the juice from 2 1/2 lemons into each bowl.
4. Weigh half the sugar into a bowl and grind it into a finer powder using the pestle and mortar.
5. Add the ground sugar into one of the jugs of water. Repeat this with the other jug and other half of the sugar.
6. Pour the lemon juice and rind from each bowl through a sieve into a jug.
7. Stir the mixture in the jugs with the wooden spoon.
8. When the sugar is dissolved it will be ready to enjoy.
9. Why not try swapping two of the lemons with a large orange for a St Clements?

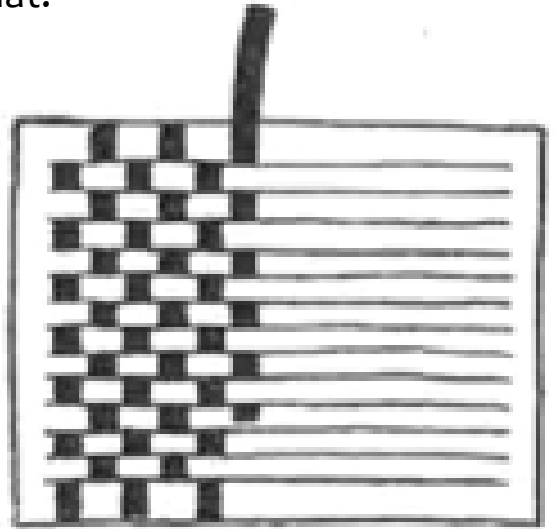


Weave a Placemat

People have decorated their dinner tables for thousands of years. Good table decorations have always been an opportunity to impress your friends and family. Here you have the chance to make your very own decorative placemat.



a



b

You will need:

2 sheets of construction paper (1 light, 1 dark)

A ruler

Scissors

Glue

Sticky back plastic

- Fold one of your sheets of paper in half lengthways and cut along the fold stop cutting about one inch before the end of the paper. Make parallel cuts about one inch apart till the edge of the paper
- Cut strips in the other piece of paper, horizontally and about 1 inch thick.
- Weave these strips into the first piece of card like in the picture above.
- Cover with sticky back plastic to secure the strip in place and to make the mat last longer

Make a Cardboard Wedding Cake

During WW2 rationing meant that people didn't have access to enough sugar, butter or eggs to make fancy wedding cakes.

Instead they used to make a small cake for eating and a cardboard cake for display.

You will need:

Cardboard

Scissors

Colouring Pens/Pencils

Glue

Tissue paper

Ribbon



- Cut out two circles one big and one small. Make sure you include some flaps on the edge of the circle as you will need these later.
- Cut out two oblongs, one big and one small.
- Glue your oblongs around the edge of the circle by folding over the flaps and gluing them to the oblong. Don't forget to glue the two ends together.
- You now have your tiers for your cake. Glue the small cake on top of the big cake and decorate however you want using the ribbon, tissue paper and colouring pencils.

Sweets and Treats

Word Search

B R S H N E C N C S W R S W H
U I A T S V E H R H P Z R Q A
B N M X N S X E O U E N O H R
B D H W T I H Q K C T W F T I
L X B L C S M X H O O M I Z B
E M E A E A K N O W L L S T O
G U S R U H I M L Y Z F A M S
U B F G U M M Y B E A R S T Z
M E I Z M L Y N A P O P Y C E
R E C I R O U Q I L P B R T X
L O L L I P O P M S F P U I P
S X Q J M R G Y T D D T B G B
O F Y F S D F G F Y E Q D G K
H Z P L A L H L E Q A K A Z O
L V W W D H C K C B B Y C N Y

BUBBLEGUM

CHEWITS

GUMMY BEARS

LIQUORICE

MINTS

REFRESHERS

CADBURYS

CHOCOLATE

HARIBO

LOLLIPOP

NESTLE

WONKA

