

# Treasure Island - Learning Resources

Eating on board a pirate ship (60 - 90 minutes, as well as a preparatory assignment)

This exercise will teach pupils about the different food groups, and how to plan a healthy meal. By watching scenes from the production of Treasure Island, and thinking about life on board a pirate ship, they will understand the challenges to healthy eating faced by seafarers in the past, and plan a healthy diet for the crew of the Hispaniola. They will also record and review their own eating habits.

#### Who is it for?

This learning resource is for students studying science and healthy eating at Key Stage 2 (years 5 & 6)

#### Learning outcomes

Learners will:

- Recognize the impact of diet on the way bodies function
- Learn how to keep their bodies healthy
- Plan, draft and revise written work.

#### You will need

- Access to the production of Treasure Island in the On Demand player
- A copy of the recommended healthy diet for an adult and a child (available through the links in the appendix)

### Activities

Before teaching this plan: Ask the children to keep a food diary of everything they eat for breakfast, lunch and dinner for a week.

2.

Show the children the recommended healthy diet (this is available in the appendix). Ask the children to colour code their own food diary, using different colours for different food groups, to show how balanced their diet is.

3.

Look at the meals on offer in your school cafeteria. As the class to identify the different food groups on offer and decide how balanced the different options are.



## **Treasure Island - Learning Resources**

4.

Using the On Demand player, show the scene from Treasure Island where Long John Silver and Jim are cooking. (40:00 - 41:00)

5.

Tell the children that when on board ship in the 18th century, all the food groups would not have been available. Ask them what they think sailors might have been able to eat on board.

6.

Explain to the children that they wouldn't have been able to refrigerate anything and that food would quickly go off. Explain that they could make things like bread and that some food is easier to store than others. Explain that rats were common on board ship and it could be hard to keep them away from food. Look at the food groups together and discuss what the sailors could have had while at sea for very long periods of time. How would they have storied the food? How might they have been able to have dairy products?

7.

Explain to the children that having an unbalanced diet can be very dangerous to our lives, but was particularly bad for sailors in the 18th century, especially due to diseases like scurvy. Explain the cause and symptoms of scurvy (there is a link in the appendix with further information).

8.

Ask the pupils to devise three different meals for the sailors in the 18th century, to get the healthiest and most balanced diet they can, within the limitations of what would have been possible on board a pirate ship at sea for a long period of time. As an extended suggestion, remind the children that live animals will also have to be fed – is there food that can be shared by both animals and humans? If you have a school cook, some pupils could interview them to ask what they have to consider when cooking for large numbers of people.

### **Appendix**

Links to information on the recommended healthy diet for an adult and a child:

- http://www.bbc.co.uk/bitesize/ks2/science/living\_things/health\_growth/read/1/
- http://www.nhs.uk/Livewell/Goodfood/Pages/Healthyeating.aspx
- https://www.pinterest.com/hiltonhunt/food-pyramid/

Explanation of the risks of a poor diet:

• <a href="http://www.bbc.co.uk/worldservice/sci\_tech/features/health/healthyliving/dietrisk.shtml">http://www.bbc.co.uk/worldservice/sci\_tech/features/health/healthyliving/dietrisk.shtml</a>

Explanation of the causes and history of scurvy:

http://www.bbc.co.uk/history/british/empire\_seapower/captaincook\_scurvy\_01.shtml