

A Blaydon Banquet

(cooking and nutrition)

Useful Websites

<https://www.bbc.co.uk/bitesize/subjects/zyr9wmn>

<http://www.foodafactoflife.org.uk/>

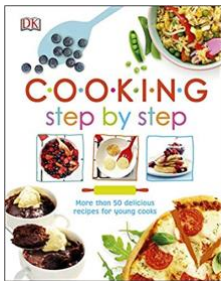
https://downloads.bbc.co.uk/history/handsonhistory/HOH_Feasting_activities.pdf

<https://www.bbc.co.uk/bitesize/clips/zjgc87h>

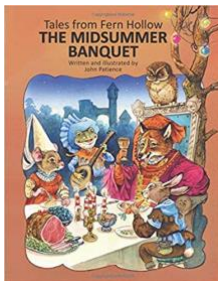
<https://www.nhs.uk/change4life>

Useful Books

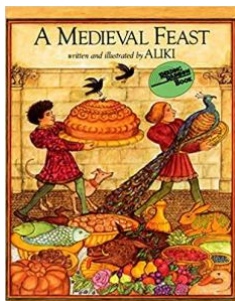
“Cooking Step By Step: More than 50 Delicious Recipes for Young Cooks” by DK



“The Midsummer Banquet (Tales from Fern Hollow)” by John Patience



“A Medieval Feast” by Aliki



Educational Visits

- Tynemouth Market

- Grainger Market