Food and Whaling: Plan a Whaler’s Menu

Grade Level: 2nd/3rd

Season: Any

Larger IGS Unit: Nutrition/Gardens/Food Systems

Essential Questions: Where does food come from? How does food build community?

Topical Questions: How do we preserve our fresh harvests? How did sailors adapt to the food options on a whaling ship? How did mealtime build and organize community aboard the whaling ship?

Objective: Students design a whaler’s menu to help them understand the constraints and limitations of eating on a whaling ship.

Materials: crew bill of fair sheet, menu options and calories handout, “plan a whaler’s menu” worksheet

Introduction: Review food preservation and questions we are going to pursue this unit:
   - What did sailors eat at sea?
   - How was the food prepared?
   - What were the challenges of eating at sea?
   - Discuss sea fare vocabulary, having students guess what each word means

Activity:
   - Have students write down what they had for breakfast, lunch, and dinner yesterday
   - Review feeding the crew bill of fare
   - Then (using the menu options and calories handout) create a menu for one day based on the minimum amount of 3000 calories.

Wrap up:
   - Share work
   - What are the challenges in this activity? How do the meals compare to what you eat?
Plan a Whaler’s Menu

Name:______________________ Date:______________________

Pretend you are the chef a whaling ship. Using the “menu options and calories” sheet, create a menu for one whaler for breakfast lunch and dinner that adds up to a minimum of 3000 calories.

1. What will you serve for breakfast?
   
   ______________________________________________________
   
   ______________________________________________________
   
   ______________________________________________________
   
   **Total Breakfast calories:**

2. What will you serve for lunch?
   
   ______________________________________________________
   
   ______________________________________________________
   
   ______________________________________________________

   **Total Lunch Calories:**

3. What will you serve for dinner?
   
   ______________________________________________________
   
   ______________________________________________________
   
   ______________________________________________________

   **Total Dinner Calories:**

4. TOTAL DAILY CALORIES: