



Name: _____

Date: _____ Class: _____

What Did Soldiers Eat?

Food had to be provided to the soldiers in the Revolutionary War. In 1775, Congress decided that each soldier should receive the following rations:

| | |
|---|--|
| 1 pound of bread/day | $\frac{1}{2}$ pound of beef + $\frac{1}{2}$ pound of pork/day; or 1 $\frac{1}{4}$ pound of beef; every 7 days 1 $\frac{1}{4}$ pound of salt fish instead of meat |
| 2 cups of milk/day OR $\frac{1}{2}$ cup of rice/day | 4 cups spruce or malt beer or cider/day |
| $\frac{1}{2}$ cup of peas or beans/day | 6 ounces of good butter/week |
| 1 pound of good soap shared with 6 men/week | 1 cup of vinegar/week |
| Later, molasses was included in their rations, too. | |

Often, six men worked together to prepare meals. *What could they make with these ingredients?*

What Is It?

Consider the daily rations meant for the soldiers. What type of food is each one? What kind of nutrition does it provide?

| Ration | Food Group | Nutrition |
|----------------------------|------------|-----------|
| vinegar | | |
| bread | | |
| beef and pork, salted fish | | |
| milk | | |
| peas or beans | | |
| butter | | |
| molasses | | |

Do you see anything missing from this plan?

How does this compare to what you eat?

What Is It?

Consider the daily rations meant for the soldiers. What type of food is each one?
What kind of nutrition does it provide? Answer the questions below.

| Ration | Food Group | Nutrition |
|----------------------------|----------------|---|
| Vinegar | Herbs & Spices | Provides anti-bacterial benefits to prevent disease |
| Bread | Grain | Energy |
| Beef and pork, salted fish | Protein | Energy, builds muscle |
| Milk | Dairy | Healthy bones |
| Peas or beans | Protein | Energy, builds muscle |
| Butter | Fat | Provides vitamins in moderation |
| Molasses | Sugar | Many vitamins |

Do you see anything missing from this plan?

Student answers will vary, but these rations do not include fruit.

How does this compare to what you eat?

Student answers will vary.