

Viking Science: Kitchen Science

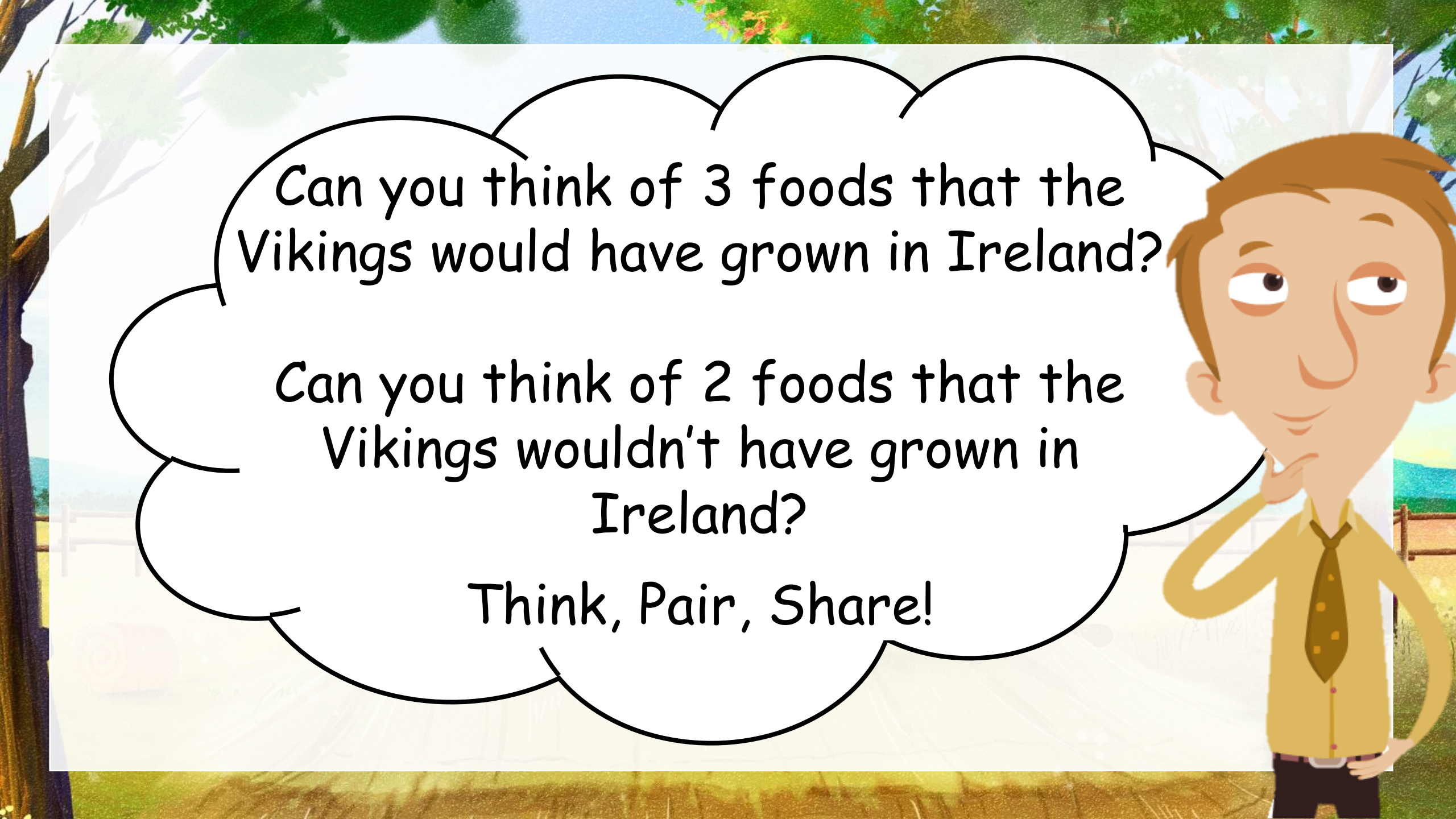
W.A.L.T: understand how
the Vikings used science to
make their food

What kind of foods do
you think the Vikings
would have eaten?
Think, Pair, Share!



The Vikings ate a lot of different things!
They were great farmers and grew lots of
the same foods that we eat today.





Can you think of 3 foods that the Vikings would have grown in Ireland?

Can you think of 2 foods that the Vikings wouldn't have grown in Ireland?

Think, Pair, Share!

The Vikings grew a lot of fruit, vegetables and grains.

In Ireland, they grew apples, berries, cabbages and peas.

They also grew oats and barley in the fields like in the picture!



You can't really eat oats and
barley straight from the field.
What can you make from oats
and barley?

Think, Pair, Share!



The answer is bread!



First the Vikings harvested the oats and barley using tools.



Next, the Vikings used heavy stones to grind the grains into flour.

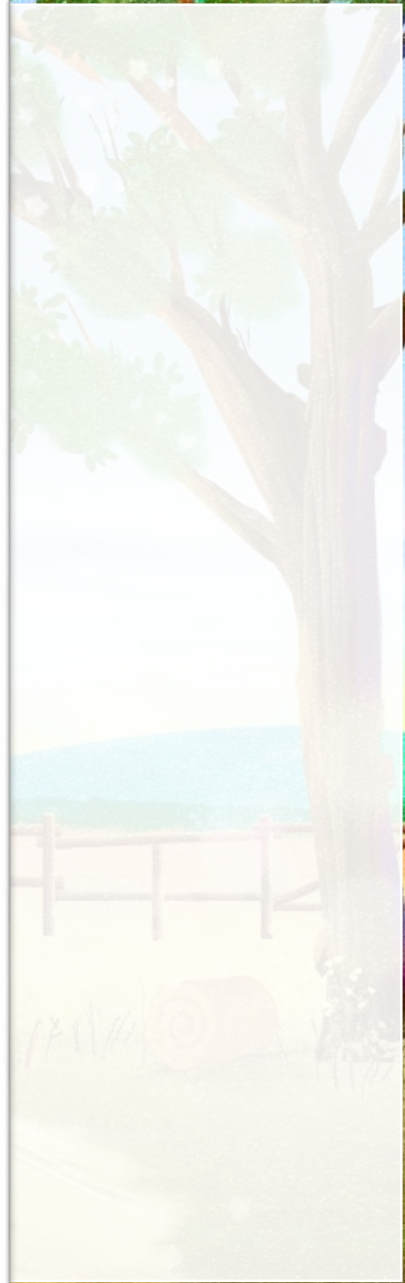


Finally, the Vikings used the flour to bake fresh bread.

The background is a vibrant, painterly illustration of a rural landscape. On the left, a large tree with green leaves and a brown trunk stands prominently. In the center and right, there are more trees and a wooden fence. A cow is visible in the lower right area. The sky is a mix of blue and green, suggesting a bright, sunny day. The overall style is soft and artistic, typical of a children's educational book or website.

The Vikings also kept lots of different animals for food.

I'm going to show you an animal that the Vikings kept. Write down 2 different foods that come from that animal!



A pig is standing in a field of dark brown soil. The pig is light pink with large, upright ears and a prominent snout. It is looking directly at the camera. The background shows a fence and trees. The image is overlaid with several white boxes containing text labels for different types of food.

Trotters

Beef

Ham

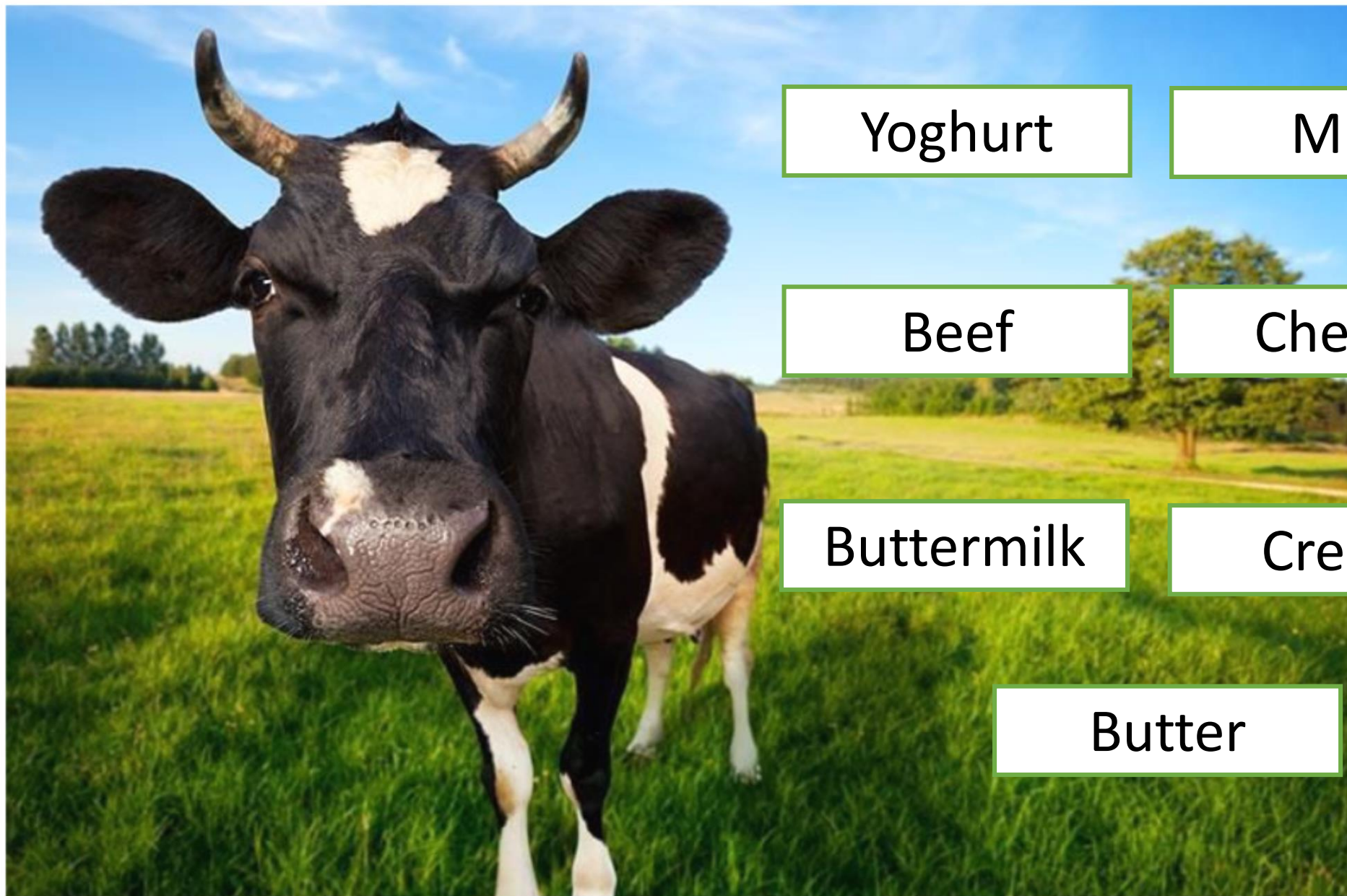
Pork

Rashers

Sausages

Pudding





Yoghurt

Milk

Beef

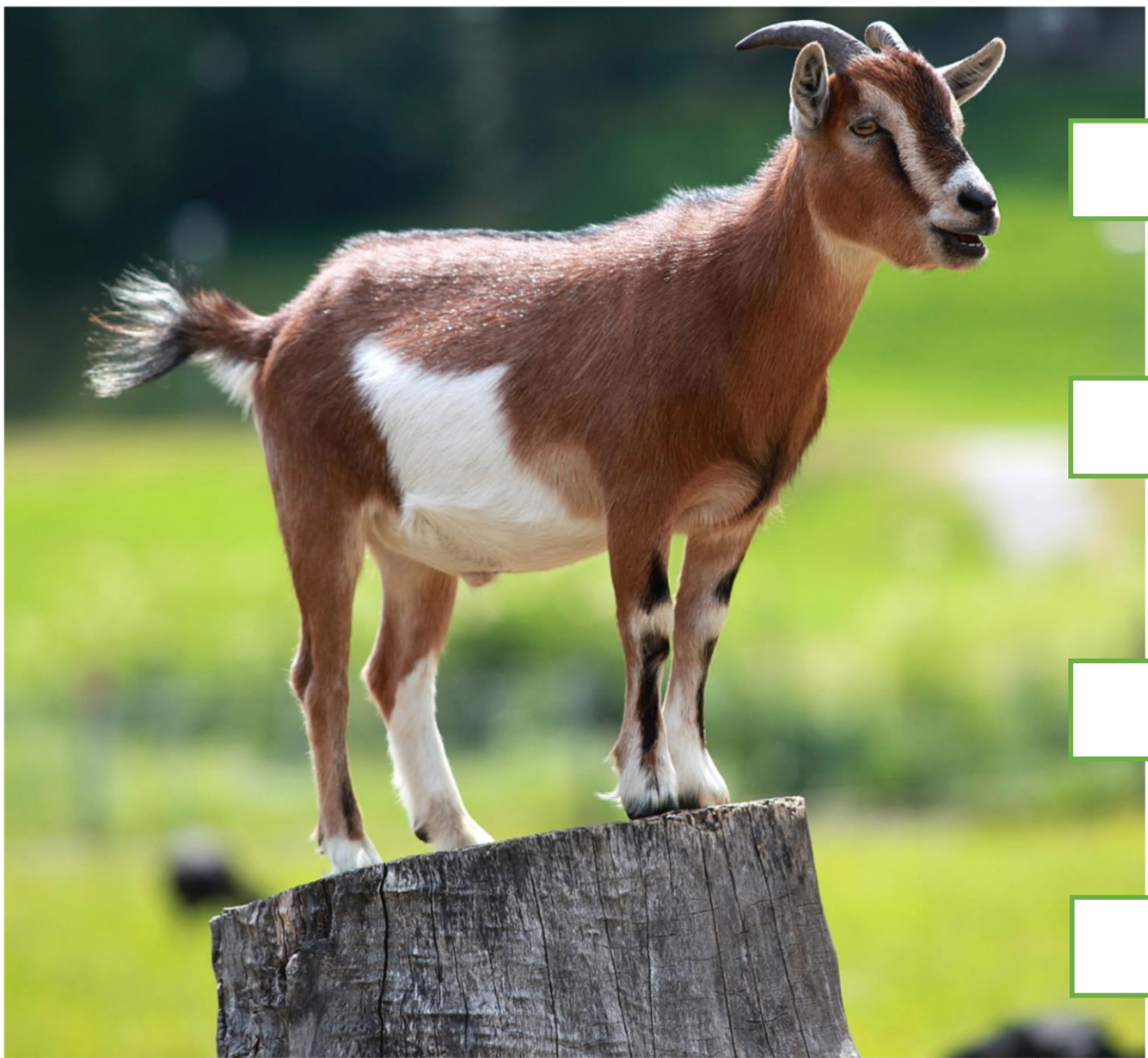
Cheese

Buttermilk

Cream

Butter





Cheese

Milk

Meat

Yoghurt

These animals were very valuable to the Vikings not for their meat but for their milk! There were plenty of deer running wild for the Vikings to hunt. They took very good care of their animals, bringing them into the home at night.



How did the Vikings stop their milk from going rotten?

I think they put the milk in the fridge...

I think they just had fresh milk always...

I think it they...



The Vikings used what they knew about science to turn their milk into other foods that last longer!

How hard do you think it was for the Vikings to make a simple bread and butter sandwich with no shops or supermarkets to buy from?



Let's Find Out!

Let's head back to Viking times and find out how they used fresh and local produce to make nutritious bread and butter sandwiches.

Are you ready?





WELCOME TO
SVEN'S
KITCHEN



YOUR CHALLENGE

MAKE VIKING BUTTER THAT
TASTES DELICIOUS AND WILL LAST
THE JOURNEY TO IRELAND FROM
SCANDINAVIA



In your pods, you'll need to decode Granny Sven's two recipe cards. When you do this you will have all the correct amounts of each ingredient needed to make the butter.

GRANNY SVEN'S BUTTER RECIPE

GLASS JAR

GRANNY SVEN'S VIKING TRANSLATION SERVICES

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

RENN FROM >RW

(ARMS OF WOMAN
(MS TOO WEAK)

IT FOR TASTE

YOUR CHALLENGE

NOW THAT YOU HAVE YOUR
RECIPE CARD IT'S TIME TO GET
WORKING ON THAT BUTTER!



How can we change these ingredients into butter? How do we change liquids into solids?

Think, Pair, Share!



STEP 1

Pour the double cream into the jar. Make sure you look at your recipe card to find the correct amount.

Is your cream a solid or a liquid at this point?



STEP 2

Screw the lid on tight and start shaking your jar as hard and fast as you can.

What do you think will happen when we shake the jar?



STEP 3

Keep shaking until a change starts to happen in your jar.

What do you notice is starting to happen?



STEP 4

Pour the mixture
through a sieve.

Why do you think we
need to do this?



STEP 5

Dunk the sieve into a bowl of cold water.

Why do you think we do this?



STEP 6

Pour the solid onto a chopping board. Pat it dry with kitchen paper. Add some salt and mix it together.



STEP 7

Scoop the butter into the middle of a piece of tin foil. Twist the ends of the tin foil to make it look like a Christmas cracker. Place in the fridge to cool.

