

## Keeping Brain Fit At Home

Our Groups: *Pick and Mix, The Giggly Group, Young at Hearts, The Urchins, Passmore Pals, Happy People, Us Lot and Freya's Friends.*

This week our topic is: **FOOD**



**“Eat breakfast like a king, lunch like a prince and dinner like a pauper.”**

Here at Memory Matters we have been talking about a favourite subject of ours ... food!

**Annie's** Mum used to make a scrumptious raspberry trifle which was always served in a cut glass bowl and you could see the different coloured layers through the glass.

**Laura** has a love of roast potatoes and will eat them with anything. Her husband, Daron, makes the most beautiful Hassleback roast potatoes and she jokes that this is why she married him.

**Lynn** misses her Gran's "Grass Pasties". They were filled with all green veg like lettuce, spring onions, parsley etc, then she added bacon and egg all wrapped in pastry! Think it must've been a Cornish thing ... not sure?

**Kate** loves fruit, especially rhubarb - it reminds her of picking it in the garden when she was little and her Mum letting her dip it in the sugar bowl for a treat!

- We wonder what some of your favourite foods are?
- When you were learning to cook, did you have any cooking "disasters"? (Pancakes on the ceiling or Christmas Turkeys cooked with the bag of giblets left in!)

## Eating in the UK in the fifties

- Pasta had not been invented
  - Curry was a surname
  - A takeaway was a mathematical problem
  - A pizza was something to do with a leaning tower
  - A Big Mac was what we wore when it was raining
  - Pineapples came in chunks in a tin; we had only seen a picture of a real one
  - Soft drinks were called pop
  - The one thing that we never ever had on our table ... elbows!
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- Mealtimes used to be a social event in many households, what were your family mealtimes like? (hopefully not like feeding time at the zoo!)
  - What do you think about all the different foods that are available to buy now?

## It's all in a name

- We wonder if you recognise these brand names and can tell us what foods they are famous for?

**HOVIS**

**KELLOGGS**

**ROBERTSONS**

**FRAY BENTOS**

**WALLS**

**ROWNTREES**

**JACOBS**

**SARSONS**

**BIRDS**

## Food couplings

What would you say goes with the following foods?

- Boiled beef and ...
- Apple pie and ...
- Strawberries and ...
- Cheese and ...
- Bangers and ...
- Bacon and ...
- Jelly and ...
- Fish and ...
- Can you think of any foods that go well together?
- Some children can be fussy eaters, are there any food that you wouldn't touch with a barge pole?!

Waiter, waiter, you've got your thumb in your soup.

*That's alright sir. It's not too hot!*

## Photo Archive:



Theresa and John admiring the Royal Doulton porcelain figurines.