

Cooking and eating

Grandparent Lerida

Grandparent Lerida lived in the city then moved to the country.

When I was young my mother cooked all our food.



This book is about cooking and eating when grandparents, such as Lerida, were growing up. Families usually ate together at home. Meals were served at the same time each day.

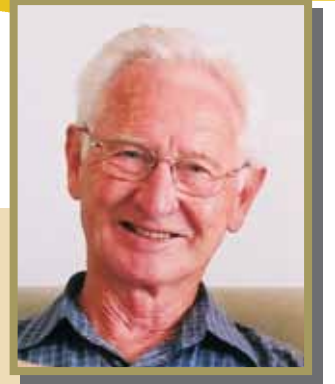


Most families sat down at the table for dinner each night.

Grandparent Trevor

Grandparent Trevor grew up in a small town by the sea.

When I was young I grew vegetables and sold them to my mother. This 'pocket money' stopped when the cow got in the garden and ate the lot!



Some families had a vegetable garden and many people kept chickens for their meat and eggs.



A mother and her children show the pumpkins they grew in their garden.

In the kitchen

Women spent a lot of time in the kitchen. Most of the work in the kitchen was done by hand because there were not as many **appliances** as there are today.

Women had to:

- ★ store fresh food and other **groceries**
- ★ prepare food by washing, chopping or slicing
- ★ cook food on the stove
- ★ serve the meal.

a sink with only a cold-water tap

a stove, which ran on wood, gas or electricity

a kitchen table



a dresser for storing groceries and dishes

an ice chest for keeping fresh food cool

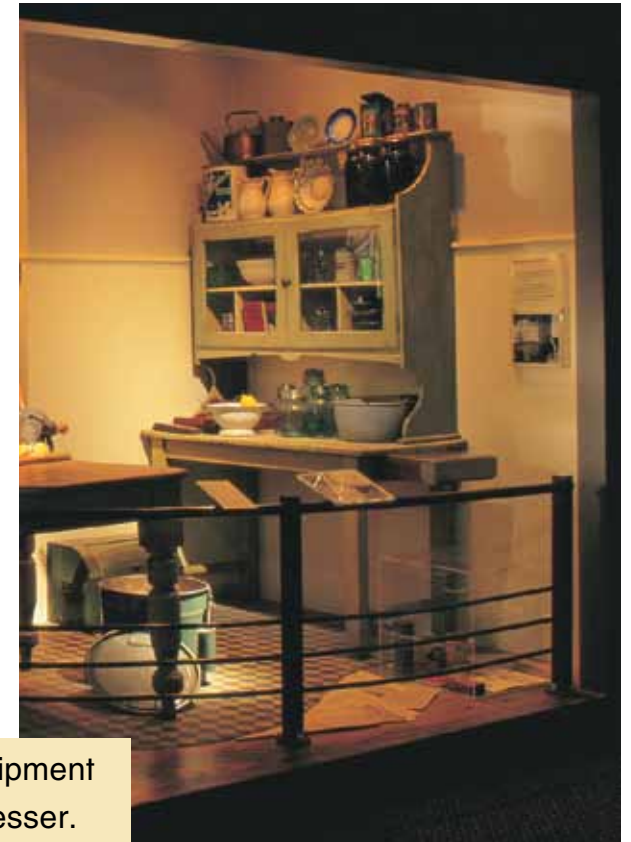
Storing food

Dry food, such as tea, flour, rice and sugar, was stored in containers called canisters. Canisters were airtight and kept insects out. The canisters were often kept on a shelf over the stove.

The labels on the canisters tell you what is stored inside.



Other groceries, such as oats for making porridge and dried fruit, were stored in a dresser. The bottom part of the dresser often had wire mesh side panels. This let air flow through to help keep the food fresh.



Dishes and cooking equipment were also stored in a dresser.