

CORK BUTTER MUSEUM

History Lesson 1 Activity Sheets



Butter of the Past



Lesson Two

History	Strand:	<ul style="list-style-type: none"> Local studies. Continuity and change over time.
	Strand Unit:	<ul style="list-style-type: none"> Buildings, sites or ruins in my locality. Food and farming. Barter, trade and money.

What will I learn?

- The day to day lives of the first farmers.
- The importance of cows as a resource for the first farmers.
- The nutritional value of butter in peoples' lives.
- Methods of food preservation used in times gone by.

The Butter Museum Dictionary!



Match the word with the correct meaning. Use your dictionary to help you. There is one answer done for you. Match up the rest!



First farmers	The formation of crystals.
Neolithic	The act of buying and selling things, especially things that are produced in one country and sold to customers in another country.
Crystallises	To cause to feel comfortable at home.
Hunter- gatherers	Material made from the skin of an animal. People make shoes, bags, and many other things from this.
Domesticate	Period of time also known as the Stone Age- about 8,000BC to 3,500BC.
Dairy products	Being the place of birth of a person, animal, or plant, or having to do with its place or situation of birth.
Leather	A wooden vessel.
Trading	People who came to Ireland around 4000BC. –The beginning of the New Stone Age
Native	Products which are produced from the milk of an animal.
Preservation	No longer in existence; lost or especially having died out leaving no living representatives.
Extinct	Preventing the growth of bacteria or other micro-organisms on food/ preventing it from going off.
Coracles	A food pyramid is a pyramid-shaped diagram representing the maximum number of servings to be eaten each day from each of the basic food groups.
Food pyramid	Butter that was preserved by leaving it in a bog.
Bog Butter	People of the past who lived in a society in which most or all food were obtained from wild plants and animals.
Keg	Plural of coracle; An early type of boat made from branches and animal skins.

Butter is believed to have been around for thousands of years, since the **First farmers** arrived in **Neolithic** Ireland around 4000BC (Before Christ). That would mean that the Irish people have a history of raising cattle and butter-making for over 6,000 years!



The First farmers were the first people to settle and build homes. They were a people much more advanced than the previous people: the **Hunter-gathers**. They did not move from place to place gathering food, but instead built houses, planted crops and began to **domesticate** and farm animals, especially cattle. This was a much easier way to provide food.



Cattle were very important because they provided early settlers with a number of useful materials, such as beef, leather, horn, bone and especially an important food group called **dairy products**- which includes milk, cheese, cream and butter. Today people still use cows to get most of these materials.

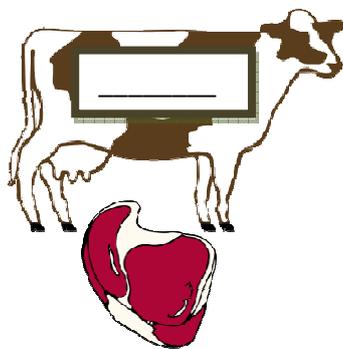


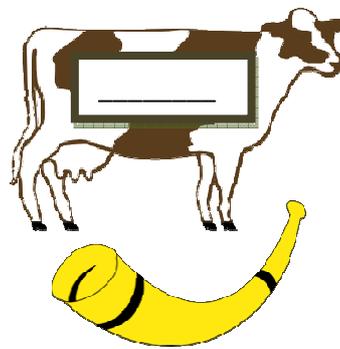
Activities Can you name (a) the product and (b) the part of the cow it comes from? Draw an arrow to the part it comes from!

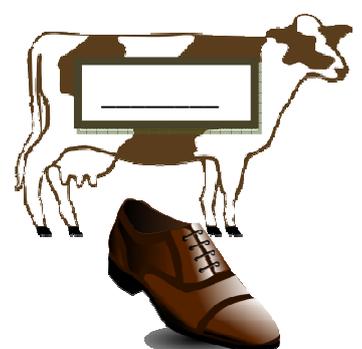
Product:



Part:







(c) Can you name any more products that we obtain from cows? Write it on the shopping list!



Living in Neolithic Ireland, people did not have the foods we have today. It was much more difficult to explore their neighbouring countries, such as England, France and Spain. Transport was very limited, with basic fishing boats as their only means of crossing large bodies of water. This made travel far slower and often dangerous.

Did you know that the first people to set foot in Ireland landed in 7,000 BC. They travelled from Scotland, arriving in County Antrim. They travelled on basic boats known as **coracles** that were made from branches and animal skins.



As a result of these conditions, there was very little **trading** between countries to obtain new foods. The Irish people did not even have potatoes yet! Their diets were very limited and they were **dependant** on the **native** plants and animals for fur, meat and bones. When the first farmers began to farm cattle, they discovered how to make butter. This new food became very important in peoples' diets.



Activities

(a) Can you name five native Irish plants and five native Irish animals that people may have used for food or other resources?

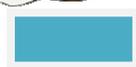
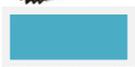
Think of animals that are not drawn below.

(b) One or more of these Irish native animals became extinct from over hunting. Circle the animals that are extinct. Name them if you can!

Plants



Animals



One of the reasons why butter was so valuable was because it is a natural source of fat. It provided people of the past with what their bodies needed to support their hard lives. Especially during the harder winter months, people needed the calories from fat rich foods, such as butter. Think of how an animal uses its own body fat during hibernation!

Fat also provided peoples' bodies with much needed energy for day-to-day activities such, as hunting, farming, building houses and other very physical tasks. People of the past had to work extra hard to complete these tasks. There were little or no machines or tools to make their lives easier. For example, the plough had not been invented to help prepare the soil for sowing seeds. Instead they used sharpened sticks to loosen the soil. People also had less time to complete all of their jobs, because electricity had not been invented yet. Each day they had to finish most of their work before the sun set! Only the smaller tasks, such as hand crafts could be finished by fire light.



Activity

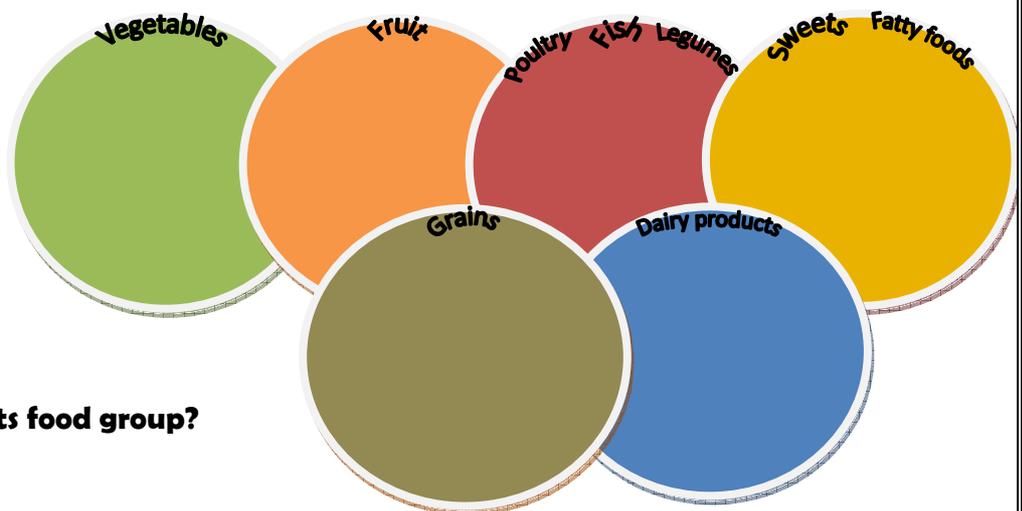
Write a diary entry from a day in the life of a Neolithic Irish dairy farmer. Think about the struggles he or she might have faced on a daily basis.

notes	Date
Dear diary,	

Compared to people of the past, most of us people today use a lot less energy. Our slower paced lives mean that we don't need to eat as much fat as we once did. Too much fat can be harmful to the body and some people don't realise that they are putting too much fat into their bodies from eating unhealthy foods, like chips, cakes and such chocolate bars. It is okay to have treats occasionally, but remember the more fat you eat, the more exercise you will need!



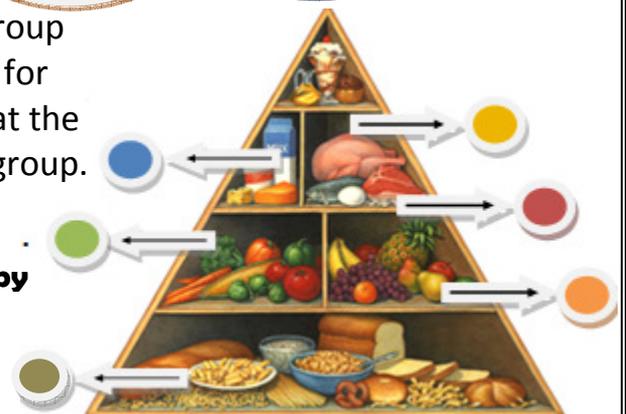
Activities



**(a) Look at all the food.
Can you list each item under its food group?**

The **food pyramid** shows us how much of each food group should be eaten daily. The smallest space at the top is for food that should be eaten sparingly. The largest rung at the bottom is to remind people to eat plenty of this food group. Butter is in two groups- dairy products and fats!

(b) Find out where each food group goes on the pyramid by matching these small circles to the large circles above.



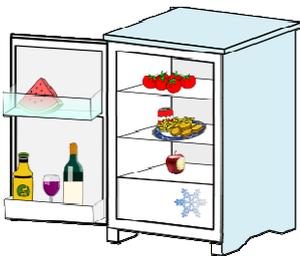
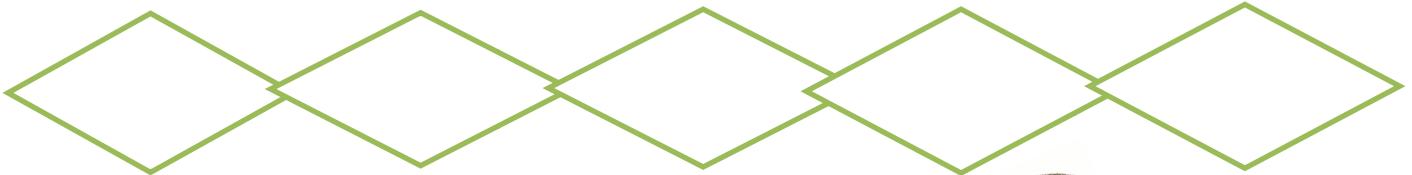
In the past, butter was especially valuable because unlike red meat, that was another good source of fat, butter could be kept in storage where it would keep in good condition for long periods of time. This process of storing food to keep it fresh is known as **preservation**. People of the past were thought to use bogs to preserve their butter.

Many examples of '**Bog Butter**' have been found all over Ireland, some as old as 1,000BC! The bog acted like a modern day fridge, keeping the butter at roughly 3 degrees celsius. The butter was first heavily salted and stored with bunches of wild garlic for flavour, and then was sealed in a wooden vessel, called a **keg**. Salt was another way of preserving foods and is still commonly used as a preservative in meats, such as pork.



Activities

(a) Can you name any other methods of preservation used today?



(b) Name three foods that can be stored for a long time?

(c) What makes these foods stay preserved?



Did you know that honey is the only food that doesn't go bad? The high amount of sugar in it is the key to it staying fresh! Sugar has very little moisture in it and bacteria needs water to grow.

*Ask the teacher to bring in honey and watch what happens to it after a few months. It doesn't go off- it crystallises!



1.

2.

3.

1.

2.

3.

What have I learned?

Record four new facts that you didn't know before!



Fact 1:

A light blue rectangular box with a yellow rectangular area on the left side. Inside the yellow area, there is a yellow rectangular block and a yellow trapezoidal block. To the right of the yellow area is a large, empty yellow rectangular box for writing.

Fact 2:

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Fact 3:

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Fact 4:

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