**Victorian food in the Eatwell Guide**  
Here is a list of food the Victorians would have eaten.

**Victorian food list:**

Apples, beetroot, bread, butter, carrots, candied peel, cheese, cherries, chestnuts, cockles, cod, eggs, greengages, gooseberries, herring, Jerusalem artichoke, joint of pork, lard, liver, milk, onions, potatoes, tea, watercress, yellow split peas (dried).

1. Draw and label the food on the blank **Eatwell Guide**.

Notes:

* You may need to find out what some of the food is before you can start.
* You may find it helpful to have the real Eatwell Guide nearby to check the different food groups.

1. List three food items we have today that the Victorians did not have.

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1. Write three facts you notice about the Eatwell Guide you have filled with Victorian food, compared with the real Eatwell Guide. Look carefully at the food in each food group.

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**Eatwell Guide**

Draw the food from the Victorian food list in the correct Eatwell Guide food groups.

**Fruit and   
vegetables**

**Potatoes, bread, rice, pasta and other starchy**

**carbohydrates**

**Drinks**

**Foods high in fat, salt and sugars**

**Oil and spreads**

**Dairy and   
alternatives**

**Beans, pulses, fish, eggs, meat and   
 other proteins**