

Comparing Meals

Meal	Then	Now
Breakfast	<ul style="list-style-type: none"> • Bread • Butter • Porridge 	
Lunch	<ul style="list-style-type: none"> • Bread with butter and jam • Vegetables • Meat • Stew • Soup • Potatoes 	
Dinner	<ul style="list-style-type: none"> • Fried Pork • Fish • Boiled Potatoes • Corn • Griddle Cakes • Dandelion Root Coffee 	
Snacks	<ul style="list-style-type: none"> • Dried Apple Slices • Apple Snow • Pemmican • Fruit 	
Dessert	<ul style="list-style-type: none"> • Pies • Baked Apples 	

Meal Comparisons

1. Plan a menu as if you were living in pioneer times.

Breakfast	
Lunch	
Dinner	
Snack	

2. In pioneer times almost all food was grown, and homemade. Explain how you think grocery stores have changed life in modern days.
