

# A Soldier's Mess



Grades: 1-5

## OVERVIEW

Students will use critical thinking skills to read instructions, connect written information to their actions and use basic knowledge of measurements to prepare a meal.

## LEARNING OBJECTIVES

Students will be able to:

- \* Use mathematical skills and various units of measurement to complete a task.
- \* Make connections between the text and physical outcomes.

## INTRODUCTION

The British army kept a peacetime garrison of soldiers at Fort Ticonderoga from 1763 to 1775. This accounts for the longest period in Fort Ticonderoga's history. The wives and children of British soldiers often followed them on campaign; and during times of peace, they lived together. By the time the Americans captured Fort Ticonderoga on May 10, 1775, there were 29 soldiers from the 26<sup>th</sup> Regiment of Foot and 24 women and children, under the command of Captain William Delaplace. British soldiers consumed three meals a day: breakfast, dinner, and supper. Dinner, the midday meal, was the largest meal of the day and consisted of meat such as salted pork, beef, or fish as well as peas, vegetables, rice, and bread. Soldiers in the British Army in North America received rations each day or each week. Every day a soldier paid 2 ½ pence from their wages which entitled them to:

Flour or bread: 1 1/2 pounds  
Beef: 1 pound OR  
Pork: 1/2 pound  
Peas: 1 pint  
Butter: 1 ounce  
Rice: 1 ounce

## STUDENT STANDARDS

### COMMON CORE:

**CCSS.ELA-Literacy.RI.1.5** Know and use various text features (e.g., headings, tables of contents, glossaries, electronic menus, icons) to locate key facts or information in a text.

**CCSS.ELA-Literacy.RF.5.4** Read with sufficient accuracy and fluency to support comprehension.

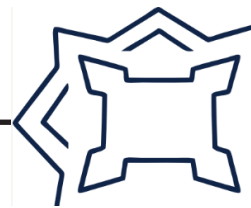
**CCSS.ELA-Literacy.RL.4.7** Make connections between the text of a story or drama and a visual or oral presentation of the text, identifying where each version reflects specific descriptions and directions in the text.

**RL.CCR.7** Integrate and evaluate content presented in diverse media and formats, including visually and quantitatively, as well as in words.

**CCSS.Math.Content.3.NF.A**  
Develop understanding of fractions as numbers.

**CCSS.Math.Content.5.MD.C.3**  
Recognize volume as an attribute of solid figures and understand concepts of volume measurement.

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To provide more variety and nutrition in their diet, soldiers and their families grew gardens and tended livestock at Fort Ticonderoga. There were six acres of gardens where soldiers and their families grew root vegetables and a variety of greens. Sheep, steers, and cows provided fresh meat and milk for the soldiers and their families too. Soldiers also bought food from local farmers along Lake Champlain at a market set up just outside Fort Ticonderoga. Dinner was a big deal and Messes, of 4 to 5 soldiers and their wives dined together at one o'clock each day. Everyone would dress up for the occasion, like a fine meal today. We hope that you have a fine meal and enjoy your Soldier's Mess at Home!

## ACTIVITY

Feeds 3-4

- 1/4 lb. of bacon (slab or pre-sliced)
- 2 cups of black-eyed peas, white navy beans, or similar beans
- 1 onion
- 3 carrots or parsnips
- 1-2 other root vegetables: turnips, radishes, or greens (optional)
- Salt to taste

1. If starting with dried beans, rinse 2 cups of dried beans and soak overnight.
2. Dice up the bacon and the onion and add both to a 2-quart soup pot on medium heat.
3. Allow the bacon grease to fill the bottom of the pan and the onions to brown slightly while stirring periodically.
4. Wash or peel the carrots or parsnips and any other vegetables. Dice them and add to the pot.
5. Drain off the beans and add them to the pot.
6. Add 1 quart of water to the pot, stirring up all the grease and browning from the bottom of the pot.

## STUDENT STANDARDS:

### C3 FRAMEWORK

**D2.His.2.K-2.** Compare life in the past to life today.

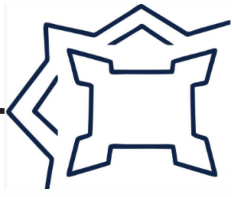
**D2.His.2.3-5** Compare life in specific historical time periods to life today.

**D2.Civ.6.3-5.** Describe ways in which people benefit from and are challenged by working together, including through government, workplaces, voluntary organizations, and families

**D2.Eco.3.3-5.** Identify examples of the variety of resources (human capital, physical capital, and natural resources) that are used to produce goods and services.

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7. Keep at a low boil for 20-30 minutes, or until the diced vegetables soften. Add water if the beans take up all the broth.
8. Lower heat and allow pot to simmer until beans become tender and their skins split and start to fall away.
9. Salt to taste. When the broth thickens slightly, the stew is ready to serve.