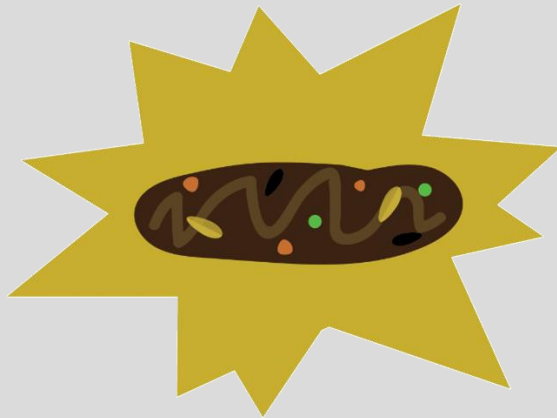


Deepening Understanding

LKS2 Instruction Text

Poo from the Past by Laura Curtis



POO FROM THE PAST

Unbelievably, actual poo from real-life people, who lived hundreds of years ago, can still be found. Isn't that amazing? Archeologists (people who study human history by excavating historical sites and looking at the physical remains) get extremely excited when they discover a poo buried deep in the ground. Poo from the past are called 'coprolites' by archaeologists and are very important as they can include lots of evidence to help us understand what people ate all those years ago. Depending on what evidence is found inside the 'coprolite', the archeologists can even work out when the people lived. How clever is that!

Why don't you try this step-by-step instruction guide on how to create your very own fake but entirely realistic poods and entertain your friends and family with your archeological skills!

Some people would vomit at the thought of handling poo let alone making a replica of it! Are you brave enough to have a go...?



© Copyright Deepening Understanding LTD 2019

Photocopiable for educational purposes only

Instructions

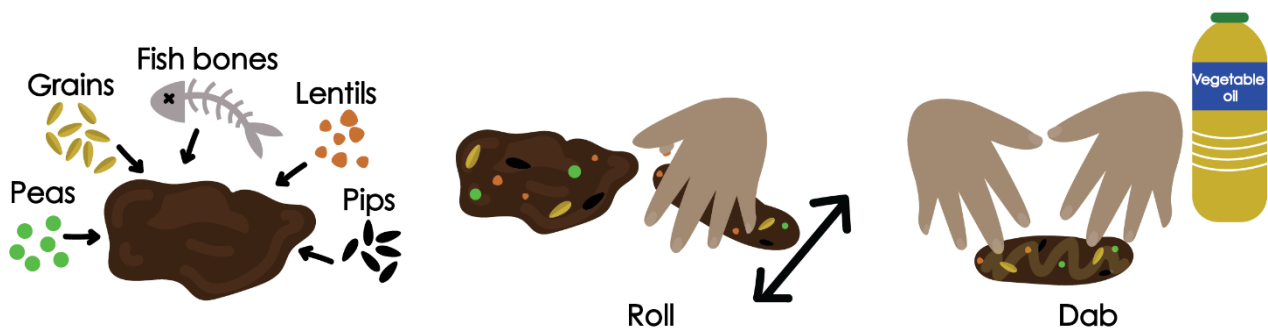
1. Using a wooden spoon, mix together 2 cups of flour, 1 cup of salt and a teaspoon of vegetable oil in a large bowl.
2. In a separate bowl, crumble two beef stock cubes. Then add three spoonfuls of warm water and stir until you have a dark brown, gooey paste.



3. Pour the gooey brown paste into the floury mixture. With no need to wash your hands as you'll not be eating this after all, stick your hands in the bowl and squeeze it all together with your fingers! If the mixture is not squishy enough, simply drizzle in a little more water. You could even add some ready-mixed brown paint for an extra sticky, gloopy start to your poos!
4. Knead (this means you need to squeeze the paste into the flour with your hands) until the mixture has all combined and been transformed into a harder, dark brown lump.



5. Now you will need to add the dietary evidence. The evidence inside coprolites remains to this day because some foods you eat cannot be digested by the body therefore they are excreted as waste. To make an authentic poo from the Tudor period you will need to add fish bones and lots of bread grains and lentils. Other common foods from the same era include apple pips and peas. You could even include tiny stones as these would have been used to grind the flour which was used in the bread!
6. Tear the thoroughly mixed lump into smaller pieces then roll each piece into sausage shapes. Ta dah! These are your poos!
7. Finally, using your hands, dab a little oil all over the surface of your finished poos. This will make them look really realistic and very fresh!



Well done! You've now made your fake but extremely believable coprolites. Ask your family and friends or parents to excavate them and collect the dietary evidence. Use lolly sticks or cocktail sticks to probe the poos. Make sure you poke around meticulously because some of the evidence is really small and archeologists have to be careful not to miss any vital clues.

Your next challenge - if you're not feeling nauseous from all the poo - is to make poos from different periods of history. For example, Aztec diets included pumpkins, tomatoes, maize, corn and peppers. How fascinating! One last point to remember, have fun!

Interesting food facts about the Tudor Era (1485-1603 AD)

Have you heard of Henry VIII and his 6 wives? Well, he is the most famous Tudor Monarch who was King from 1509-1547. The Tudor era began with his father (Henry VII, who reigned from 1485-1509) and ended with his daughter Elizabeth I (reigned from 1558-1603).

- 'New' foods came to England as a result of voyages to the new world by famous explorers like Sir Walter Raleigh. Foods such as tomatoes, peppers, maize and turkey had never been eaten in England until the Tudor period.
- Potatoes were introduced in Elizabeth I's reign but only rich people could afford them.
- Tudors did not eat with forks - they only used knives, spoons and their fingers!
- Bread was eaten at every meal and could be used as a plate upon which food was piled.
- Poor people could not afford to eat much meat so their staple food was 'pottage' (a thick soup/broth made from peas, milk, eggs, breadcrumbs and herbs).
- In the Tudor era, there was no clean running water from taps. Drinking dirty water could make people very ill so they (yes, including children!) drank ale and wine instead.
- Most of the food people ate was fresh as there were no fridges or freezers.
- People sweetened their food with honey as the sugar imported from abroad was very expensive.

