

# Feeding Wellington's Soldiers : Rations

Life as a British soldier 200 years ago, during the Wars with Revolutionary France (1792 - 1815) Was very hard.. They marched across many miles of difficult countryside and in extremes of weather from very hot to wet and cold. They were exposed to mosquitos and at risk of disease and terrible injuries during battles with the French in Portugal, Spain and France itself . (Peninsular Wars 1807 -1814)

Their meals were high in calories but they did not always receive food on a daily basis. Beef was of poor quality but generally available, bread was more uncertain.

*'July 1809 , when rations reached the 7th King's German Legion, the bread was on carts covered in dust and looked as hard as stone'* Life in Wellington's Army Antony Brett-James (Unwin 1972)



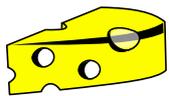
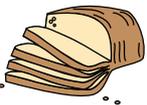
*'When a man entered a soldier's life, he should have parted with half his stomach'*  
Sergeant J.S. Cooper 7th Royal Fusilers

*Quote from 'Life of Wellington's Army' Antony Brett-James*

## What is Pease?

You will probably all know what Beef, Bread and Cheese are but what is Pease?

Pease is quite simply split dried peas that would have been placed into water and simmered with seasoning or maybe salted pork (if it was available). It would have been eaten either hot or cold as a thick soup and may have lasted for several days.



Daily Rations	Amount Per Soldier
Beef	1 lb
Bread	1½ lb
Cheese	1 oz
Rice	1 oz
Pease	¼ pint

**Time Machine:** You are travelling back in time to be a soldier in Wellington's Army in Spain. Your food is that listed above and you can not take any modern foods with you.

What recipes can you create using the food listed above ?

Create your recipes and then discuss your ideas with your teacher and class mates



Imperial Measurement	Metric Measurement
1 lb =	450 grams
1 ounce =	28 grams
1 pint =	568 millilitres

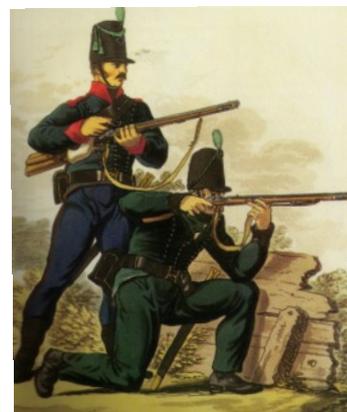
Using the tables above work out the answers to the following questions:

Write your answer in the space provided:

1. How many pounds are there in 1 Kilogram
2. How much bread was issued to a soldier in Kilograms:
3. How many litres of Pease would the soldier have been issued:
4. If a Solider had been issued with enough cheese for six men how much cheese would he have in grams

Discuss your answers with your teacher:

*'A man would cook his beefsteak at the end of a ramrod,  
or put his poor little ration on a stick or point of his sword,  
broil the meat on wood ashes, and eat it half smoked and half raw.'*



# Shorncliffe

TRUST

