

# Slavery

and the natural world



**Classroom resources**

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# Resource 1 – Traditional staple foods from around the world

## Traditional staple British foods



Fish and chips



Sausages and mash



Brown bread

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## Traditional staple Asian foods



Rice



Noodles

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## Traditional staple African foods



Couscous



Sweet potato

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## Traditional staple Caribbean foods



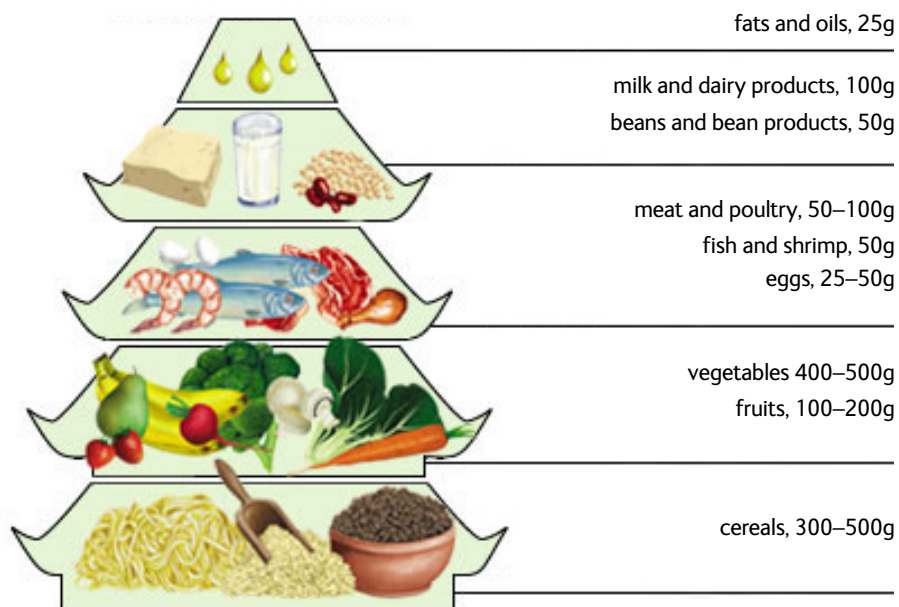
Ackee and saltfish



Rice and beans

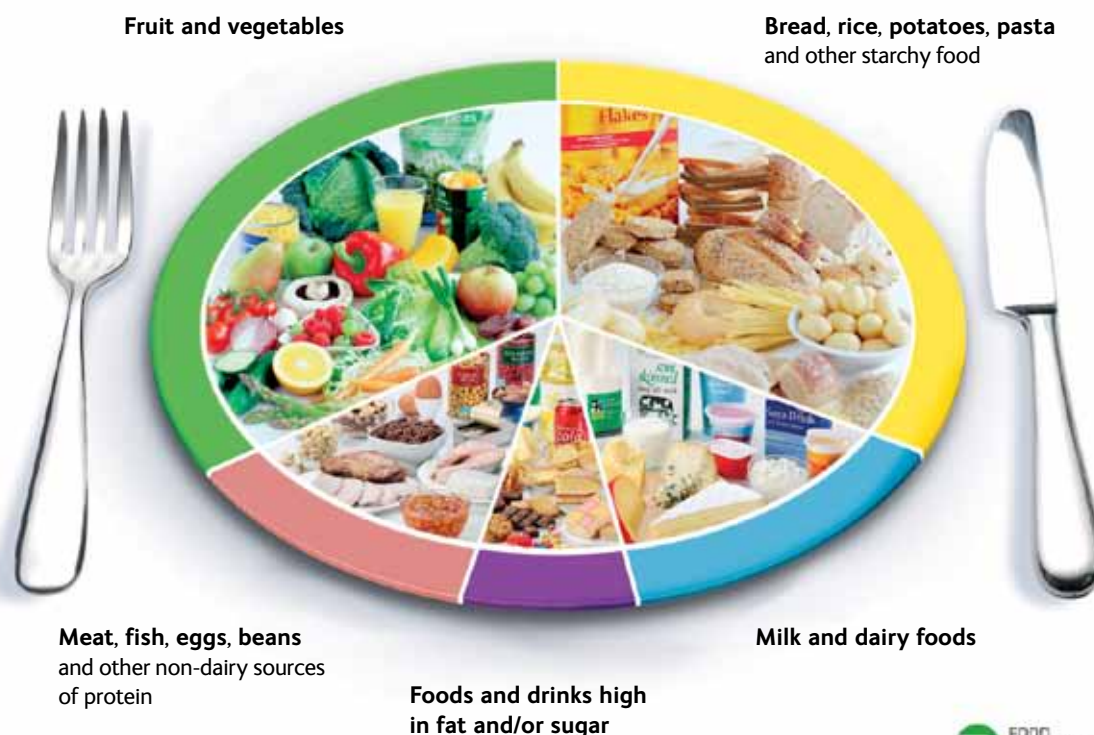
## Resource 2 – Standard food advice from Asia and Europe

### Chinese food pagoda



### The eatwell plate from the Food Standards Agency, UK

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



## Healthy eating the African and Caribbean Way (healthy eating advice from Sainsbury's)





## Resource 3 – Foods from the time of the slave trade



**Breadfruit**



**Ackees**



**Saltfish**



**Okra**



**Maize/ sweetcorn**



**Peanuts**

## Resource 4 – Nutritional content of foods and GDAs

## Nutrition information

supplementary



## Sweet Potato

Typical composition Per 100g

Energy	364Kj
Protein	1.2g
Carbohydrate	21.3g
Fat	0.3g
Fibre	2.4g

## Vitamins

Vit B1 (thiamin)	0.17mg
Vit C	23mg

## Minerals

Iron	0.6mg
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Information from www.nal.usda.gov

## Nutrition information

supplementary



## Yam

Typical composition Per 100g

Energy	477Kj
Protein	1.5g
Carbohydrate	28.2g
Fat	0.3g
Fibre	1.3g

## Vitamins

Vit B1 (thiamin)	0.16mg
Vit C	4.0mg

## Minerals

Iron	0.7mg
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Information from www.nal.usda.gov

## Nutrition information

supplementary



## Cassava

Typical composition Per 100g

Energy	594Kj
Protein	0.6g
Carbohydrate	36.8g
Fat	0.2g
Fibre	1.6g

## Vitamins

Vit B1 (thiamin)	0.06mg
Vit C	31mg

## Minerals

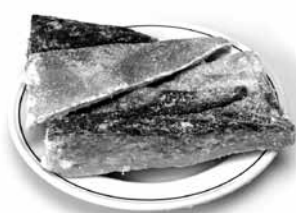
Iron	0.5mg
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Information from www.nal.usda.gov

## Nutrition information

plantation



## Salt Fish (cod)

Typical composition Per 100g

Energy	335Kj
Protein	18.3g
Carbohydrate	0g
Fat	0.7g
Fibre	0g

## Vitamins

Vit B1 (thiamin)	0.04mg
Vit C	0mg

## Minerals

Iron	0.1mg
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Information from www.nal.usda.gov

## Nutrition information

supplementary



## Callaloo (taro)

Typical composition Per 100g

Energy	443Kj
Protein	1.4g
Carbohydrate	26.2g
Fat	0.2g
Fibre	2.4g

## Vitamins

Vit B1 (thiamin)	0.08mg
Vit C	13mg

## Minerals

Iron	2.3mg
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Information from www.nal.usda.gov

## Nutrition information

supplementary



## Okra

Typical composition Per 100g

Energy	130Kj
Protein	2.8g
Carbohydrate	3.0g
Fat	1.0g
Fibre	4.0g

## Vitamins

Vit B1 (thiamin)	0.2mg
Vit C	21mg


## Minerals

Iron	1.1mg
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Information from www.nal.usda.gov

**Nutrition information** supplementary



**Soursop**

Typical composition	Per 100g
Energy	276Kj
Protein	1g
Carbohydrate	30g
Fat	0.3g
Fibre	3.3g

**Vitamins**


Vit B1 (thiamin)	0.07mg
Vit C	21mg

**Minerals**

Iron	0.6mg
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**NATURAL HISTORY MUSEUM**  
Information from [www.nal.usda.gov](http://www.nal.usda.gov)

**Nutrition information** supplementary



**Pigeon peas**

Typical composition	Per 100g
Energy	1326Kj
Protein	20g
Carbohydrate	58.6g
Fat	1.9g
Fibre	15g

**Vitamins**

Vit B1 (thiamin)	0.86mg
Vit C	0mg

**Minerals**

Iron	3.4mg
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**NATURAL HISTORY MUSEUM**  
Information from [www.nal.usda.gov](http://www.nal.usda.gov)

**Nutrition information** supplementary



**Red palm oil**

Typical composition	Per 100g
Energy	3761Kj
Protein	0g
Carbohydrate	0g
Fat	100g
Fibre	0g

**Vitamins**

Vit B1 (thiamin)	0mg
Vit C	0mg

**Minerals**

Iron	0mg
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**NATURAL HISTORY MUSEUM**  
Information from [www.nal.usda.gov](http://www.nal.usda.gov)

## Guideline daily amounts (GDAs)

	Women	Men	Children (5-10 years)
Calories	2,000Kcal	2,500kcal	1,800 Kcal
Protein	45g	55g	24g
Carbohydrate	230g	300g	220g
Sugars	90g	120g	85g
Fat	70g	95g	70g
Saturates	20g	30g	20g
Fibre	24g	24g	15g
Salt	6g	6g	4g

## Resource 5 – background information on diseases

### Kwashiorkor

Kwashiorkor is a disease caused through severe malnutrition, mainly affecting children.

It was first identified and described in the 1930s in Ghana. The word kwashiorkor comes from the Ga language, which is widely spoken in many parts of Ghana. It means 'one who is physically displaced', a reference to the fact that the disease often occurs in children who have just been weaned off of breast milk.

Protein deficiency is important but not the only cause of kwashiorkor. Breastfed children get a number of vital nutrients and amino acids through their mothers' milk. As long as a mother is eating reasonably well, her child should stay healthy. Once a child is weaned new sources of these vital nutrients are needed. Unfortunately, many people in developing nations eat diets heavy in starch, without the protein and fresh fruits and vegetables they need.

### Pellagra

Maize is rich in carbohydrate and several vitamins and minerals, but too much maize or sorghum leads to niacin deficiency (vitamin B3), which causes pellagra (known as the disease of the three 'D's – dermatitis, diarrhoea and dementia). Maize was a major part of the first people of the Americas' diet, but they mixed it with ashes or lime when it was cooking which releases the niacin (see [www.nhm.ac.uk/jdsml/nature-online/seeds-of-trade](http://www.nhm.ac.uk/jdsml/nature-online/seeds-of-trade)). Europeans and Africans without this knowledge suffered significantly from pellagra.

### Beriberi

Too much cassava, dried or salted meat and fish prevent the uptake of thiamine (vitamin B1), which causes beriberi.

Thiamine is also easily destroyed by light and heat and when foods are soaked in water. When cassava is soaked and dried in the sun, the thiamine content is almost completely destroyed. The same happens when fish and meat are dried in the sun, salted and later soaked.

Beriberi was also common where people eat a lot of mill-polished rice, which removes all the thiamine.

Beriberi takes several forms and can cause weight loss, emotional disturbances, impaired senses, pain in the limbs, fever, irregular heart rate and swelling or oedema leading to severe mental illness before heart failure and death.

### Scurvy

Scurvy is a disease resulting from a deficiency of vitamin C. It leads to the formation of spots on the skin, spongy gums, and bleeding from the mucous membranes. It causes depression and an inability to move.

Scurvy was common among sailors, pirates and others on ships at sea longer than fruits and vegetables could be stored. Vitamin C is high in plants such as citrus fruits (oranges, lemons, limes, grapefruits), tomatoes, potatoes, cabbages, and green peppers.

Vitamins are also affected by different ways of cooking. Enslaved communities had little time or resources (especially fuel and pots) for cooking. One-pot cooking, with ingredients cooked slowly over a fire for hours while people were working, destroyed much of the vitamin content of vegetables and of the dried meat or fish. Fruit and vegetables that were eaten raw provided better nutrients.