

Which do you think is a real Cornish pasty? Which is the odd one out?

a)



b)



c)



d)



## A Cornish pasty true or false quiz - student A

1. A Cornish pasty is the lunch that Cornish tin miners used to eat down in the dark and damp tunnels of the mine
2. It is a pastry traditionally filled with chunks of beef, potato, onion and suede.
3. Miners used to call a pasty a "croust".
4. Pasties are named after the baker who invented them. His name was Peter Pasty.
5. Some mines built huge ovens on the surface to keep the miner's pasties hot until it was time to eat.
6. The original pasties contained meat and vegetables in one end and jam or fruit in the other end, in order to give the hard-working men 'two courses'.
7. Cornish housewives used to mark their husband's initials on the left-hand side of the pastry casing, in order to avoid confusion at lunchtime.
8. Any Cornishmen who were vegetarians had to work an extra hour in the mines.
9. The true origins of the pasty can be traced at least as far back as the middle ages.
10. It is believed that Henry VIII's Queen, Jane Seymour, enjoyed a tasty pasty on several occasions.
11. The pasty is Victoria Beckham's all time favorite food.

## A Cornish Pasty true or false quiz – student B

12. Variations of pasty can be found in counties such as Yorkshire, Lancashire, and Cumberland.
13. They are popular in parts of the United States, as well as in Argentina and Mexico.
14. Today it's a tradition for all Cornishmen and women to eat Pasties for lunch on Sundays.
15. The largest pasty known to man was baked in 1985. It took seven hours to make and measured over 32 feet in length!
16. When the Cornish Rugby team plays an important match, a giant Cornish pasty is symbolically hoisted over the bar before the start of the game. It is a tradition that dates back to 1908, and the original giant pasty is still used to this day.
17. Today the most popular variety is a meat-free pasty.
18. The pasty has risen to become big business in shops and supermarkets throughout the country.
19. Nowadays, you can dial-a-pasty straight to your door!
20. Every year in Cornwall there is a Princess Pasty competition for the woman who can eat the most pasties under 5 minutes.
21. Cornishmen and women celebrate the pasty every year in July. They dress up in homemade pasty costumes and have a festival in the street
22. The more superstitious among Cornish fishermen will refuse to take a pasty on board their boat when they set out to sea, in the belief that it will bring them bad luck.

## Cream Teas

A cream tea is originally from Devon, Cornwall's neighbouring county. It is a scone, normally made with raisins, which is cut into two and eaten with jam and clotted cream.



### Ordering a Cream Tea

Someone is making a food order, but the dialogue is in the wrong order. Put these sentences into the correct order.

Customer: Yes, what do you have on the specials' menu today?

Customer: Oh and could you bring me a glass of water as well please, I'm very thirsty.

Customer: Just lemon thank you.

Waitress: Yes of course Madam.

Waitress: OK I'll bring one over to you... ice and lemon?

Waitress: Today we have traditional Cornish cream teas with a pot of tea for £2.99

Waitress: Hello, can I help you?

Customer: Great! I'll have that please. Can I have plenty of butter, jam and clotted cream with mine?

## How to make a Cornish pasty



Roll out the pastry to about  $\frac{1}{4}$  inch thickness.



Using a small plate cut out circles.



Moisten the edge with milk or water.



Support half of the pastry nearest you over the rolling pin.



On the other half, put a small layer of prepared vegetables.



Then a layer of beef.



Then sprinkle sparingly with salt and pepper.



Then add a small bit of butter.



Fold the other half of the pastry which has been resting on the rolling pin over the filling and squeeze the half circle edges firmly together.



Turn the edge over to form a crimp.



Brush the pastry with beaten egg wash.



Put a small one inch cut in the centre of the top to allow steam to escape.

**1. Pasty Picture** – students must guess which picture is a pasty. Variations: teacher could write up the other names on the board for the students to match up. Or perhaps write up their descriptions/definitions for the students to match up.

- a) Yorkshire pudding      b) Pasty      c) cow manure      d) chicken pie

**2. True or false quiz.**

Students can take it in turns to ask each other the T/F questions. Student A must write student B’s answers down on the sheet and vice versa. Afterwards the teacher can go through the answers as a class to see which of the pair had the most right.

Student A	Student B
1. T	12. T
2. T	13. T
3. T	14. F
4. F	15. T
5. T	16. T
6. T	17. F
7. T	18. T
8. F	19. T
9. T	20. F
10. T	21. F
11. F	22. T

**3. How to make a Cornish pasty**

Teachers can cut out the pictures and recipe instructions for students to put the pictures in order  
 match the pictures to their instructions  
 higher level students can write instructions themselves according to what they see and then later compare

**4. Cream teas:** Students order the text and then practice saying the sentences out loud in a role play.

## The Cornish Flag



The flag of Cornwall is actually the flag of St. Piran but it has been adopted as the Cornish National flag as St. Piran is the Patron Saint of Cornwall.

## St Piran Cross



One of the oldest crosses in Cornwall is the St. Piran Cross which stands in the sandhills of Perranporth near the ruins of St Pirans Oratory.

## The coat of arms



The coat of arms of the Duke of Cornwall is a Crusader shield on which are displayed 15 golden bezants (gold coins) in the shape of a triangle with the motto "One and All"

## A Short History of Cornwall

The name "Cornwall" comes from Cornovii, meaning hill dwellers, and Waelas, meaning strangers

a)



b)



c)



d)



e)



f)



**Stone Age** There were not many people here in the early Stone Age, but Europe brought settlers to Cornwall. The first stone tools found date from about 4500BC. There are the remains of a stone age settlement at Carn Brea near Redruth.

**Bronze Age** Around 2500BC a trade started growing in tin and copper to foreign shores. The traders brought Bronze tools and gold ornaments to exchange for minerals. The people were well organised, living in villages and practicing farming and metalworking.

**The Celts** Around 1000 BC a near group of warrior like settlers arrived in Cornwall from Europe, these were the Celts. They brought with them knowledge of forging iron into weapons. These Celts are the ancestors of modern Cornwall. They lived in villages, farmed, mined for tin, copper, bronze and iron, smelted and worked the metal.

**Roman times** The Romans landed in Britain in 55BC, but they had very little influence in Cornwall. And the Roman presence kept other raiders away. The Cornish Celts were left much to themselves.

**Middle Ages** When the Romans abandoned Britain, Cornwall came under Saxon influence, and following the Norman conquest, the first real integration of Cornwall into Britain took place. The whole of Cornwall was given to William's half brother, Robert. He made his headquarters at Launceston, where he built the castle to enforce his rule. Then for the next few hundred years Cornwall was ruled by a succession of relatives of the Norman and Plantagenet kings.

**Georgian & Victorian Age** The invention of the steam engine in the 18th century and its rapid development in the 19th, led to revolutionary advances in mining. Engines could pump dry mines at a great depth and they could haul up ore.

The permanent legacy is the Cornish communities that prospered in other countries, as many Cornish miners emigrated to take their mining skills to Australia, North and South America and South Africa. In Cornwall all that remains are the ruined engine houses with their massive granite walls and high brick chimneys

**Modern Times** Mining has finished, the fish stocks are not what they were, Cornwall has little industry, but it has its scenery and the best climate in Britain. Miles of sandy beaches, coastal walks, open moor land and a benign climate that sees spring arriving early, and autumn lingering longer. Hence tourism is the mainstay of the Cornish economy. As Cornwall tries hard to capitalise on its geography, it is striving to attract visitors here all year round.

### Cornish flag

This can be used as an information sheet to inform students of some of the symbols of Cornwall. Or perhaps the teacher can cut out the pictures and titles to use them for a matching activity/generating interest in topic by talking about significance of the pictures.

### Cornish history

For elementary students the teacher can just write the different era's on the board for students to match up with the pictures and put them into the correct order.

Answers:

Stone = c

Bronze = e

Celts = d

Romans = no picture

Middle ages = f

Victorian = b

Modern = a

### Variations

For higher level students the teacher could dictate the different era's or tell his/her own (simplified version). Or use as a reading activity for students to work on individually.

Students can speak/write what they might think is the history just by looking at the pictures.