



The Menu at Valley Forge

The soldiers in the Continental Army suffered through the brutal winter of 1777-1778. Malnutrition was a significant problem for these soldiers, who also endured freezing weather, disease, and a lack of sanitation.

Below are the nutritional options for the common soldier at Valley Forge

Firecakes

One of the most common and basic meals was **firecakes**. These were made by mixing flour with water to create a thick paste, which was then flattened and cooked on a rock or piece of iron over an open fire. They were dry, bland, and difficult to eat—but they kept soldiers alive.

Hardtack

When flour was available, it was sometimes used to bake **hardtack**—a tough, dry biscuit that could last for months without spoiling. It was so hard that soldiers often had to soak it in water or soup just to chew it.

Salted Meat

The meat soldiers received was usually heavily salted to prevent it from spoiling. **Salt pork** and **salt beef** were common, but the preservation process made them extremely salty and often tough. Soldiers sometimes boiled the meat several times to make it edible and reduce the saltiness.

Stews and Soups

When vegetables or bones were available, soldiers made **soups or stews**. These were often thin and watery, made from whatever scraps they could find: potatoes, turnips, onions, or even wild plants. Occasionally, animal bones were boiled to create a broth.

Hunting and Foraging

To supplement their diet, soldiers sometimes **hunted** small animals like squirrels, rabbits, or deer. Others **foraged** for wild plants, nuts, and roots. This was risky—soldiers weren't always allowed to leave camp—but hunger often forced them to try.

Pretend you are a historian who aims to give customers “authentic” historical experiences. You set up a “restaurant” outside of Valley Forge promising patrons the actual food experiences of Valley Forge soldiers. Create a menu using the foods above for your customers to choose from. Add pictures and make the descriptions of the food sound as delicious as possible. Name your restaurant and your selections.

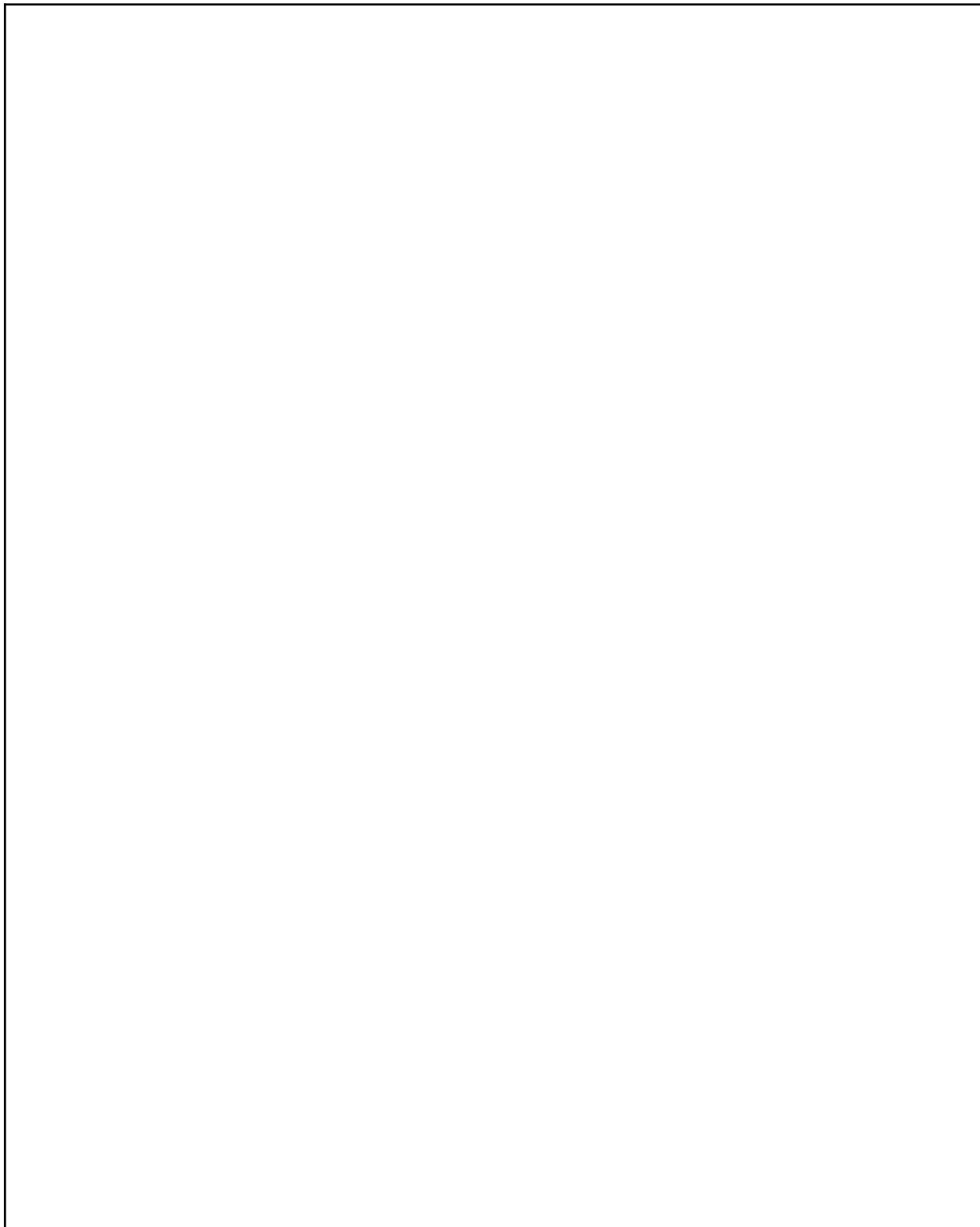
The first page is the cover of your menu that includes the name of your establishment and a colorful design. The next two pages are for your food items, descriptions, and prices.

Here is an example of the format you'll use:

Food name _____ \$ _____
Make it creative like “Heavenly Hardtack”

Picture (Make it look much more delicious than it is really is)	Description (Make it sound way more delicious than it really is).
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Menu Cover



Menu Items

	\$ _____
	\$ _____
	\$ _____

Menu Items

	\$ _____
	\$ _____
	\$ _____