



ROBIN'S GUIDE TO

HI THERE, MERRY MEN (AND WOMEN AND BOYS AND GIRLS!)

ENGLAND

SO YOU THINK
IT'S GLAMOROUS
BEING AN OUTLAW IN
SHERWOOD FOREST?

WELL, BEFORE
YOU GET TOO KEEN
TO JOIN OUR BAND,
YOU MIGHT LIKE TO KNOW
ONE OR TWO THINGS
ABOUT REAL LIFE HERE
IN THE MIDDLE AGES.

Hygiene

Before you go thinking we're all filthy layabouts, think again. We've had soap since the 10th century - usually a mixture of mutton fat and ash - and we enjoy a good public bath, or 'stew', as we call them. We use herbal remedies as deodorants and rose oil as perfume (at least the girls do). Toothbrushing's

mmmm! THAT'S ROSEMARY FRESH!

a bit of a problem, so we have to settle for rubbing them with a stick of rosemary and then polishing with a rag. Mind you, we don't have anything like the tooth decay you suffer from, because we don't have nasty things like sweets and crisps. Which brings me onto...

Daily Life

Before we talk about daily life, there's the small matter of surviving. About a quarter of all people born in the 12th century don't get past the age of five and almost 40 per cent don't reach adulthood. If you do, though, you've probably got a reasonable chance of making it to 50 or 60. As for daily life, it's tough. Apart from a few thousand noblemen and their families, most of us are poor. We maybe get a bit of land to grow a few crops on, and we scrape together a living making and selling what we can at markets and fairs, but there aren't many clothes and most people live in one-room dwellings called cruck houses.

This is what rich lords and noblemen ate:

TODAY'S SPECIALS

Breakfast: Usually fruit, cheese and cold meats, ale or milk.

Lunch: Same as breakfast.

Dinner: Roast meats, pies, roasted and boiled vegetables, fruit and cheeses, ale and wine.

Food and Drink

We eat with only spoons and knives because we haven't got any forks. (They don't turn up for another 500 years!) Poorer people would eat off a trencher - a hard-baked piece of bread with a hollow in it for the food - so, if you were REALLY hungry, you could eat your 'plate' too!

This is what poor peasants have to make do with:

TODAY'S SPECIALS

Breakfast: No breakfast - you had to wait 'til lunch. Lunch: Pottage

Pottage and ale.
Dinner:
Pottage, maybe
pread and eggs,

You had to drink ale, because water was usually too dirty to drink.

RUANGI



OUCH! THAT'S GOT TO BE A RED CARD!

Fighting

We Sherwood Foresters are pretty handy with a longbow. Most longbows are over 5' (1.52m) and traditionally made of yew wood. With training, an archer can fire an arrow 300 yards (274m) - that's over twice the length of a football pitch - every 10 seconds without tiring. In the Middle Ages, there was a law made that said all males over the age of 14 must be trained to use a longbow. Amazingly, this law has never been abolished!

Law and Order

Now, we're not all barbaric, you know. Actually, the peasants as well as the lords tend to like having laws to keep things in order. But we do get a bit carried away sometimes. Take our punishments, for example. Hanging, chopping bits off and torture are pretty common for even the smallest crimes, so you can imagine what STRIKE ONE it's like being an outlaw. We've also got some strange ideas about who can be tried. For many centuries, there was a law that said that animals could be tried in court some mice were once tried for eating part of

STRIKE TWO

HOW TO MAKE POTTAGE:

1. Take onions, garlic, nuts, berries, leeks, spinach and herbs (and add salted pork or fatty bacon if you were lucky).

2. Bung it all into a cauldron.

3. Bring to the boil and simmer for hours.

4. Eat.

5. Reheat and repeat every day.





THREE STRIKES AND YOUR OUT!



SO NOW YOU'VE GOT AN IDEA OF WHAT OUR LIFE'S LIKE, DO YOU STILL WANT TO BE ONE OF MY MERRY MEN?

WRITE YOUR OWN POBIN HOO

DID YOU KNOW
THAT ALL OF THE EARLY
STORIES ABOUT ROBIN
HOOD WERE WRITTEN
AS BALLADS?

WHY DON'T YOU
HAVE A 60 AT WRITING
YOUR OWN BALLAD USING
THE OPTIONS BELOW?

ROBIN HOOD, ROBIN HOOD...



riding through the glen



his middle name is Ken



chose a tree as his den

ROBIN HOOD...



with his Merry Men



invented the ballpoint pen



lived with five cats and a hen

HE ...



stole from the rich



developed a twitch



had an embarrassing itch



and gave to the poor



and fell on the floor



which made his eyes sore

ROBIN HOOD ...

ROBIN HOOD ...

ROBIN HOOD

ROBIN HOOD, ROBIN HOOD...







gave himself a fright



was talented and bright



ROBIN HOOD, ROBIN HOOD...



wasn't looking for a fight



was embarrassed about his height



C thought his trousers were too tight





let an arrow fly



got something in his eye





and hit the bullseye



which caused him to cry



I had to ask 'why



ROBIN HOOD

ROBIN HOOD ...

ROBIN HOOD ...

Create your own out eyes, noses and mo page and sticking the

Create your own outlaw by cutting up the eyes, noses and mouths on the opposite page and sticking them to the face below.

WANTED



FOR:

REWARD:

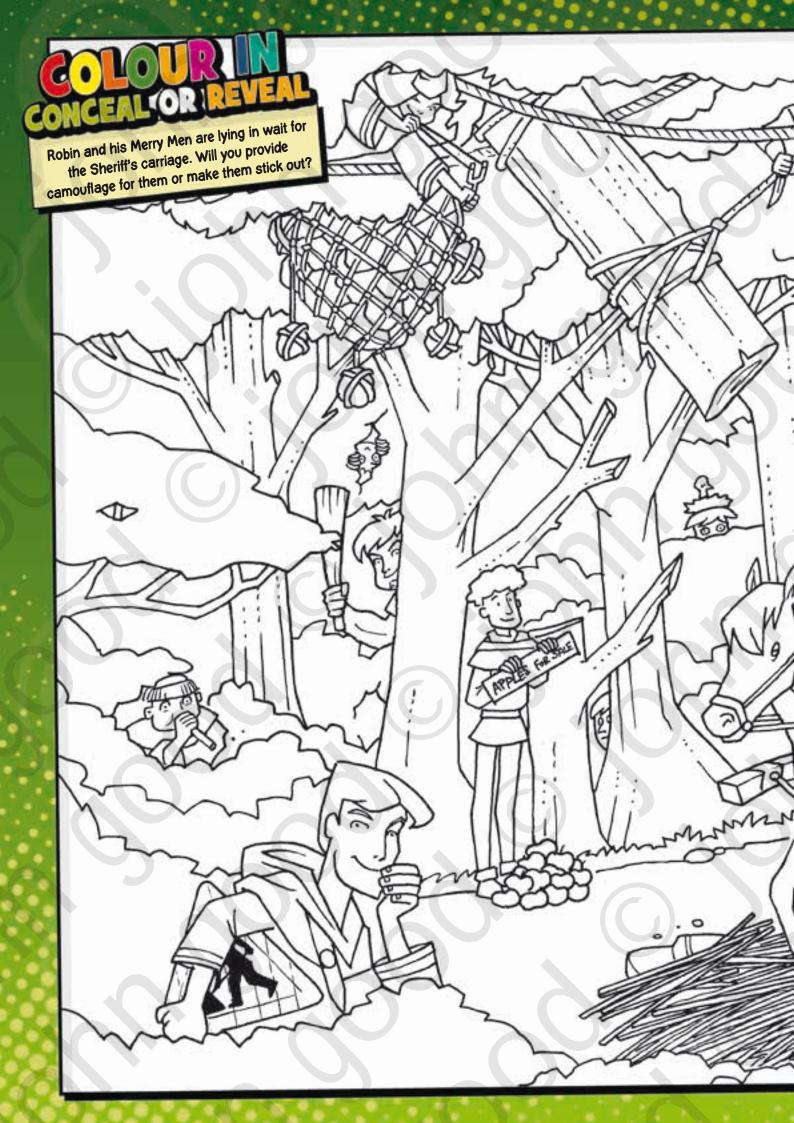
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Don't forget to add your outlaw name, what crime they have committed and what the reward is for their capture.

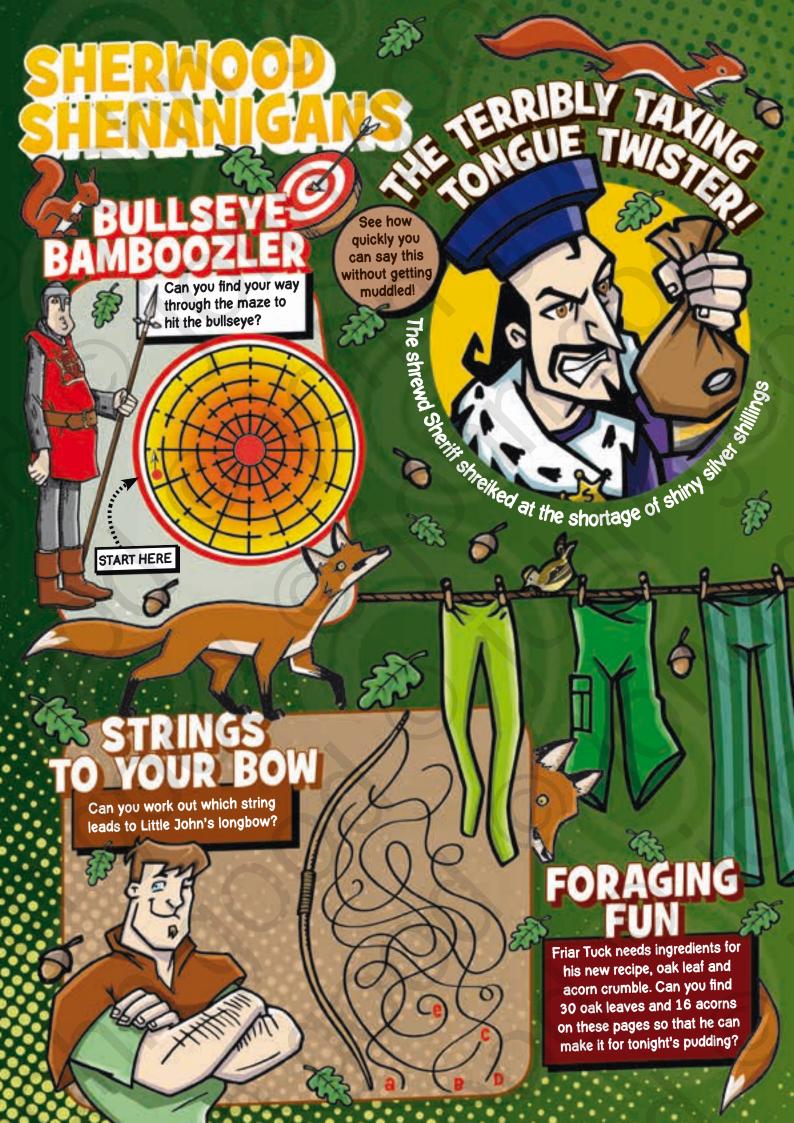


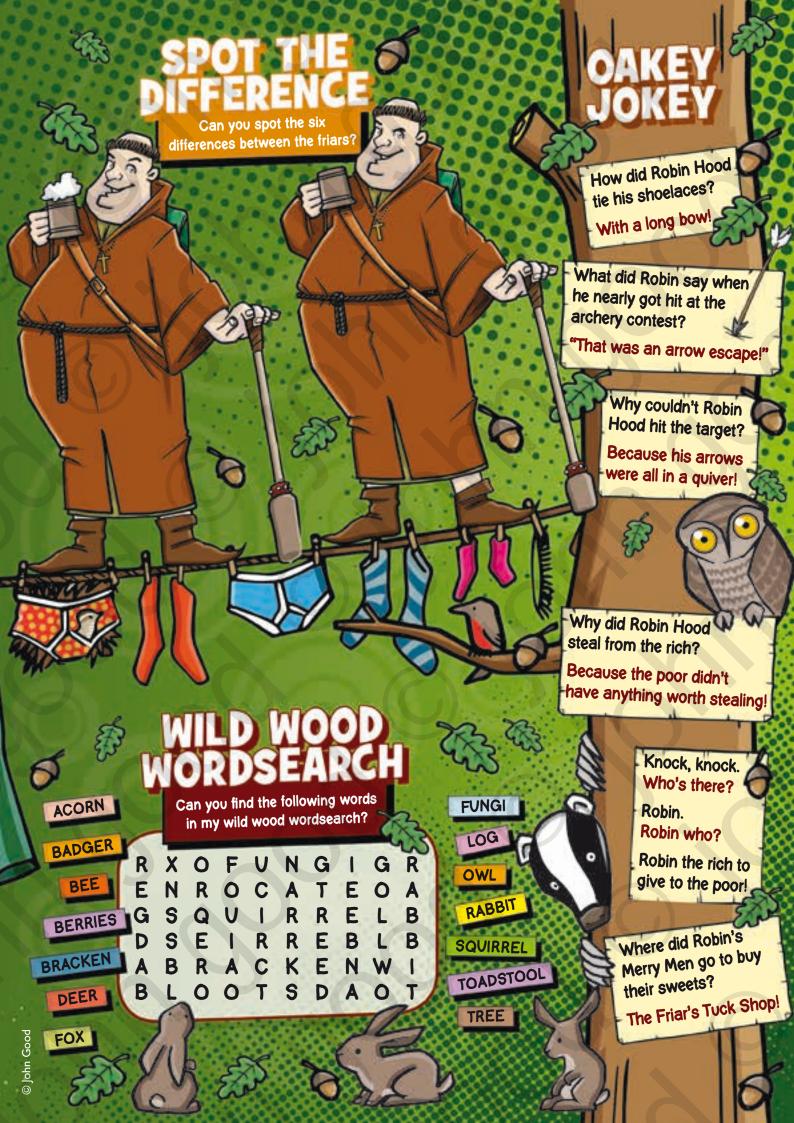












COOK WITH TUCK!

Friar Tuck is in the kitchen cooking some tasty treats for the Merry Men. Why not try these recipes when you get home?

MONK MUFFINS

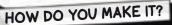
BEFORE

Remember to ask an adult to help you.

AFTER

THAT WAS ME FRIAR TUCK ...

BEFORE I TOOK PART IN THE MONK MUFFIN PLAN.
SIMPLY HAVE THREE FOR BREAKFAST, FOUR FOR ELEVENSES,
FIVE FOR TWELVES, FOUR FOR LUNCH, SIX FOR THREESES,
TWO WITH YOUR EVENING MEAL, FOUR FOR SUPPER,
FIVE FOR YOUR MIDNIGHT SNACK ALONG WITH ALL YOUR
REGULAR MEALS, SECONDS, THIRDS, FOURTHS AND FIFTHS!



- 1. Preheat the oven to 190°C, fan oven 170°C, gas mark 5.
- 2. Put 10 paper muffin cases into a muffin tray.
- 3. Sift the flour, baking powder, bicarbonate of soda, cocoa powder and salt into a large bowl. Then stir in the sugar and chocolate chips.
- 4. Beat together the egg, vanilla extract and milk. Then add the oil, stirring to mix.
- 5. Pour the wet ingredients into the dry ingredients, stirring until just combined. Make sure not to beat or over-mix!
- 6. Spoon the mixture into the muffin cases and bake for 20–25 minutes.

 Cool on a wire rack.
- 7. Use the writing icing to draw a face on a large marshmallow. Once it's dry, fix it on top of the muffin with a little blob of jam.
- 8. Take two mini marshmallows and stick them on either side of the muffin to make the Friar's arms.
- 9. You're finished! Now share them amongst your friends and family and eat them.

Serves: 10-12

INGREDIENTS

250g of plain flour
2 teaspoon baking powder
1/2 teaspoon of
bicarbonate of soda
1/2 teaspoon of salt
4 tablespoon of
unsweetened cocoa powder
100g of caster sugar
75g of plain chocolate chips
1 large egg

1 teaspoon of vanilla extract
250ml of milk
90ml of vegetable oil
A handful of large pink
marshmallows
A handful of mini pink
marshmallows
A tube of black writing icing
A spoonful of strawberry jam

SHEMOOR

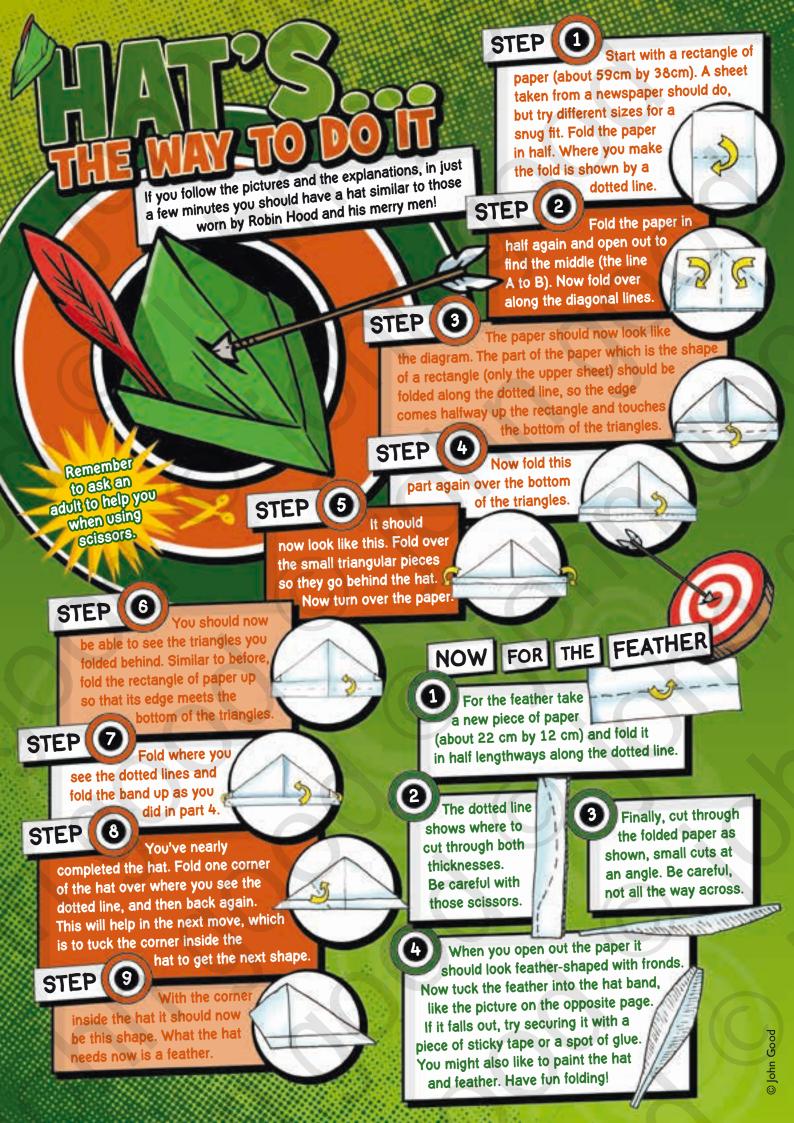
HOW DO YOU MAKE IT?

- 1. Place the ice cream, milk, peppermint extract and green food colour in a blender.
- 2. Cover and blend on high speed until smooth.
- 3. Pour into glasses. Top with whipped cream and sprinkles, if desired.
- 4. Serve immediately.

INGREDIENTS

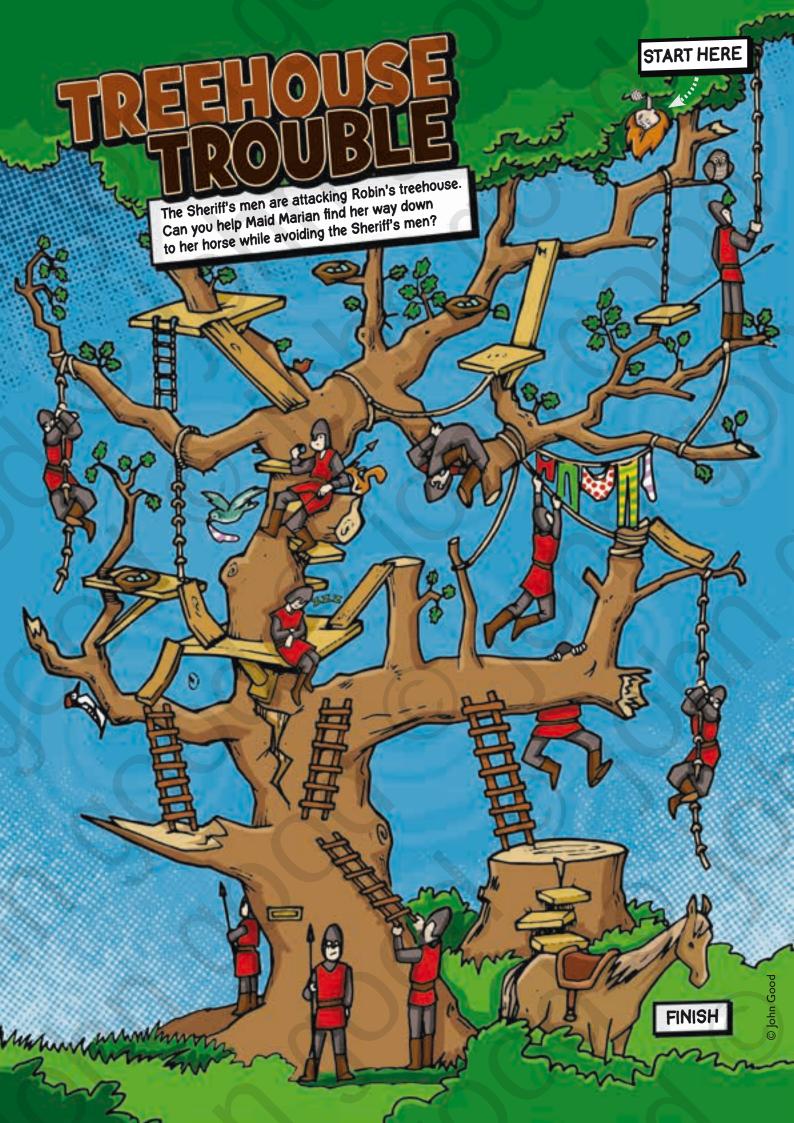
1 pint (2 cups) of vanilla ice cream
1 cup of milk
1/2 teaspoon of peppermint extract
1/4 teaspoon of green food colour
Whipped cream and green sprinkles (optional)











What job do you think you would have had if you lived at the same time as Robin Hood?

Find out by adding up all the numbers in your birthday.

For example, if you were born on the 12th of May in 2006 (12/5/2006)...

12 (1+2=3), 05 (0+5=5), 2006 (year 2+0+0+6=8) Then add the day and month numbers together: 3+5=8. Then add that to the year: 8+8=16. Then add the two numbers together in that: 1+b=7.

So you are number 7, which makes you a Jester!





Farme

Wing/Queen

You are brave, noble and stand by your friends.

Blacksmith

You are strong, muscly and good with your hands.

You enjoy cooking in the kitchen (and eating it tool). Jester

You are a real joker, and like to make people laugh.

Jallor

You believe in upholding law and order, and doing the right thing.

You are calm and methodical, and always have a target in mind. King/Queen

You are very bossy, and believe everyone should do as you say.

You care about living things, and love looking after animals.

Outlaw

You are independent, and don't like people telling you what to do.

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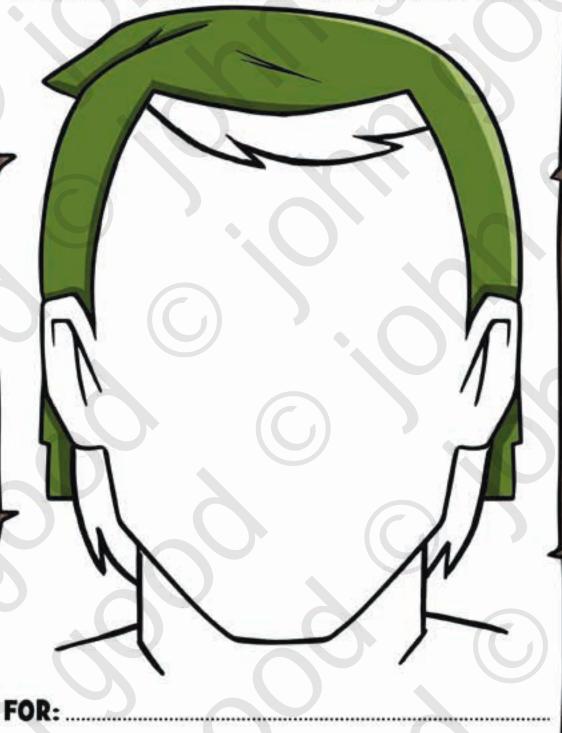
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Create your own 'wanted poster' by drawing and colouring in your own outlaw. Don't forget to add your outlaw name, what crime they have committed and what the reward is for their capture.



REWARD:



WANTED POSTER

Why not colour in this 'wanted poster' of an outlaw. Don't forget to add your outlaw name, what crime they have committed and what the reward is for their capture.

WANTED

FOR:

REWARD:







Dear Guy, OF THE LAW

I think Robin hood will try and save Maid Marian today. I have a mole in his Merry Men who says he will break into the castle by the sewers. Lay a trap! You wait in the sewer with some guards.
I'll lookout from above. Sound fair?

The Sheriff

PS: You might want to get a clothes peg for your nose.

It's quite smelly down there.

PPS: And some big boots!

PPPS: have you paid your taxes?



A BADGER!



