

# Alexis Soyer



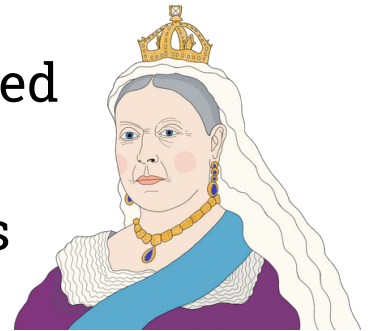
# Who was Alexis Soyer?

Choose from the words in the end box to fill in the blank spaces

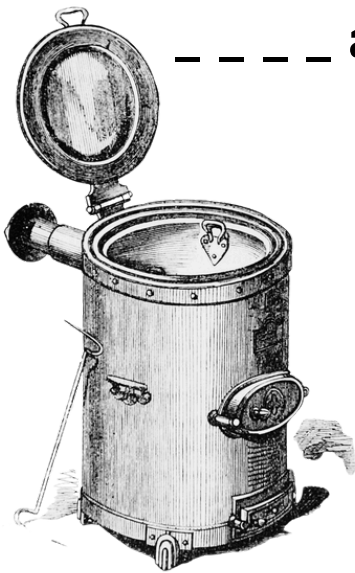


Alexis Soyer was born in 1810 in France. He started working as a cook when he was just 11 years old.

He moved to London and became a well loved chef. He even made breakfast for Queen \_ \_ \_ \_ \_ the morning she was crowned Queen!



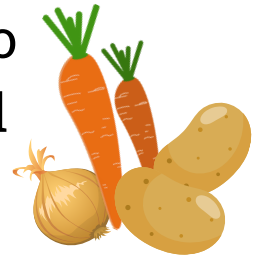
Alexis was asked to help in Ireland when people were starving- he opened kitchen serving cheap \_ \_ \_ \_ and meat and sold cookbooks to make money to help.



It was in Ireland Alexis invented his travelling oven- this was called the Soyer \_ \_ \_ \_ and meant food could be cooked anywhere!

Alexis Soyer heard about the Crimean War and offered to help. When he arrived the soldiers were eating mouldy vegetables and \_ \_ \_ \_ \_ meat.

Alexis knew that \_ \_ \_ \_ \_ food is needed to make people feel better. He got fresh food and made a healthy diet for the soldiers.



His travelling stove made it easier to cook during the war while there was lots of moving around.



Alexis travelled to Scutari Hospital and met \_ \_ \_ \_ \_ Nightingale. He also went to the British Hotel and met \_ \_ \_ \_ Seacole.



Alexis Soyer was very unwell after the war, he died at just 48 years old.



His cookbooks were very popular and his travelling stoves were still being used by the army almost \_ \_ \_ years later.

## Missing Words:

*Victoria*

*100*

*Rotten*

*Mary*

*Florence*

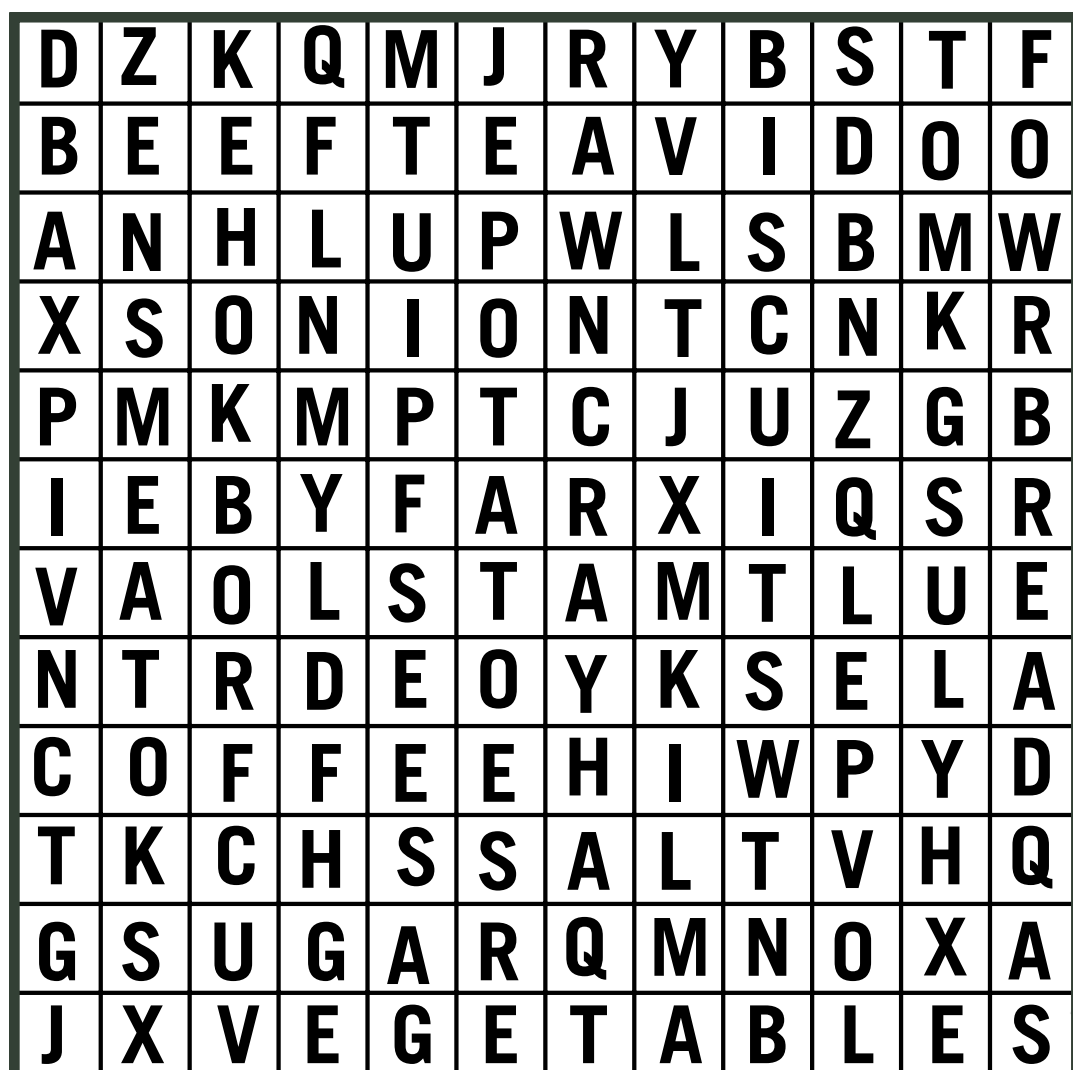
*Stove*

*Soup*

*Healthy*

# The Crimean War Food at Scutari Hospital

Can you find the soldier's food in the word search below?



- Meat
- Salt
- Vegetables
- Potatoes
- Beef Tea
- Onion
- Biscuits
- Bread
- Coffee
- Sugar



Queen Victoria sent beef tea  
as a gift for the soldiers.

# Healthy Plate of Food

To be healthy we need food from all 5 five groups. These are:

**Carbohydrates:** for example bread and pasta

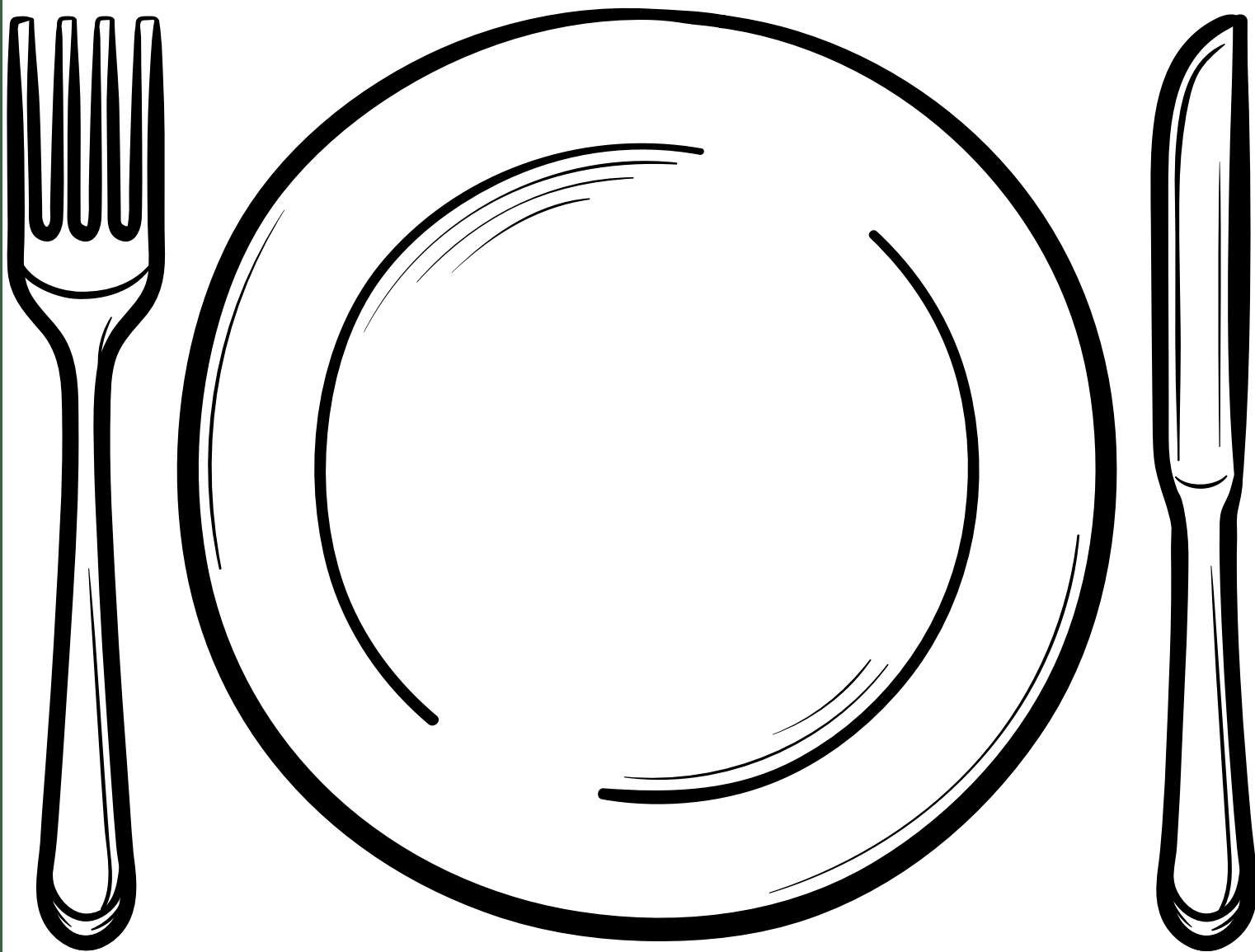
**Protein:** for example meat, fish and beans

**Fruits and vegetables:** for example, apples and broccoli

**Dairy:** for example cheese and milk

**Fats and Sugars:** For example cakes and sweets

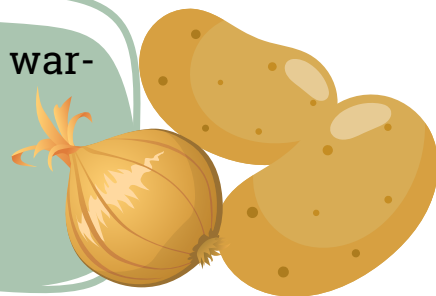
**Can you draw a healthy plate of food for the soldiers?**

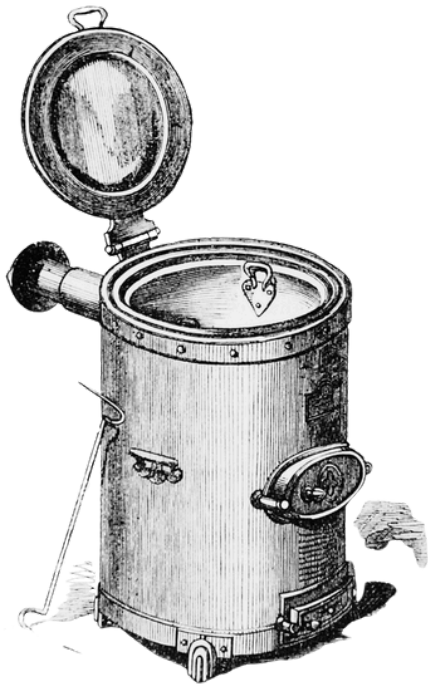


There was not much food for the soldiers during the war-  
sometimes they would only have

**2 potatoes and 1 onion**

as their vegetables for a whole month!!





# Inventions: The Soyer Stove

The Soyer Stove was a wonderful invention to make healthy food for the soldiers. It could be used anywhere and was very big so could make lots of food at the same time.

**Can you invent something to help people stay healthy?**

To stay healthy we need good food, clean water, exercise and things that make us smile.

*My Healthy Invention*

# After the War

Alexis Soyer saved many soldiers lives with his cooking.  
Can you pretend to be a soldier and write a thank you  
letter to Alexis?

*Dear Alexis Soyer,*

*Thank you for...*

*Before you arrived the food was....*

*My favourite thing about your food was..*

*From*

