

## How my Food Differs from that of a Child Mill Worker

How does your food differ from that of Victorian mill children?

How my food differs from that of a child mill worker:

| Meal      | Twenty-first Century | Nineteenth Century |
|-----------|----------------------|--------------------|
| Breakfast |                      |                    |
| Break     |                      |                    |
| Lunch     |                      |                    |
| Break     |                      |                    |
| Dinner    |                      |                    |

How do you think this diet impacted on the health of nineteenth-century mill working children? (You may wish to research illnesses that children often got.)