



History

A boatman's breakfast!

Working on a sea-going barge was tough. Each barge had a crew of four men. They worked around the clock, with two men sleeping while the other two worked.

The crew had three cooked meals a day and never ate between meals. Their only treat was an Oxo cube in a mug of boiling water or strong tea sweetened with Nestle's condensed milk.

Make a healthy breakfast of porridge for a boatman!

You will need

- ✿ Jumbo porridge oats
- ✿ Milk or water
- ✿ Honey

What to do

- 1 Measure two spoonfuls of oats into a microwaveable bowl
- 2 Add enough water or milk to cover the oats
- 3 Put into a microwave oven, full heat for two minutes
- 4 Carefully remove the bowl - it will be HOT!
- 5 Sweeten with honey and EAT. Yum!



TOP TIP

Add a handful of sultanas, a chopped banana or apple for an extra scrummy breakfast.

NEXT STEP

Why not devise another healthy breakfast for the crew?



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