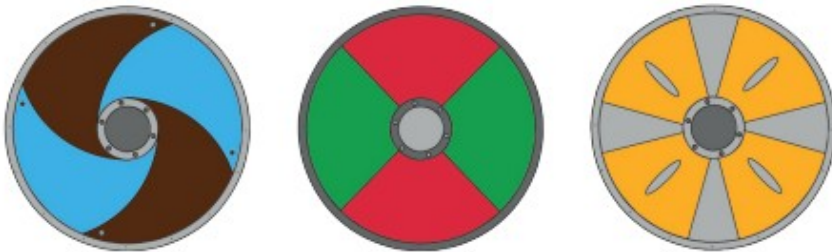


Design a Viking Shield

Viking Shields

Vikings used shields to protect themselves in battle. Their shields were made of **wood**, **metal** and **leather**. In the middle of the shield, there was a circle (an **iron boss**) made of metal which **protected** their hands. **Decorating** their shields was a huge part of the Vikings' culture. They used **colours** and **intricate** designs. Here are some examples of what they might have looked like:

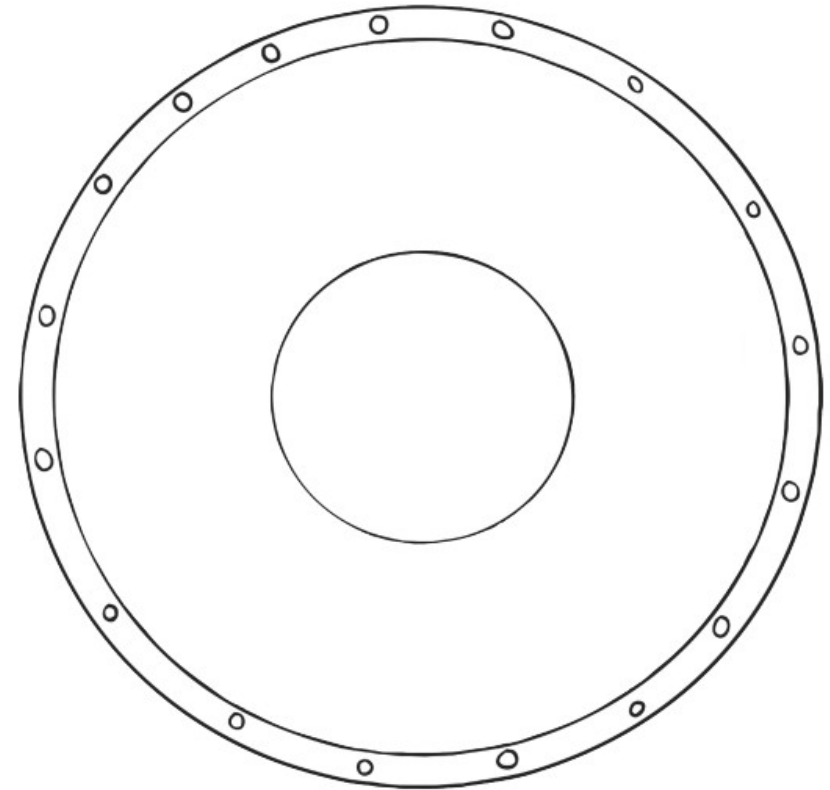


Viking Runes

The Vikings use special **pictures** to write **messages** and label things. These were called runes. Look carefully at the runes below. Can you write your name in **runes**? Why not add some runes to your shield design?



Choose **four** colours (one must be a colour for the metal parts) and design your own Viking shield!



My name in runes: _____

Extra Tip:

Bring your shield to life using a spare piece of cardboard and some paints. Use string or paper (or leather straps if you have them) to make a handle for your arm. Use tinfoil to add some metal sections.



Viking Pea Soup



Ingredients

- 225g dried split peas
- 4 vegetable stock cubes (Vikings would have made their own stock)
- 2 cloves of garlic
- 1.5l water
- 30g unsalted butter
- handful of crispy bacon bits (optional)

Equipment

- scales
- measuring jug
- large saucepan
- sieve/colander
- chopping board
- knife
- wooden spoon

Method

1. Put the split peas in the saucepan and add enough water to cover them. Leave them to soak overnight.
2. Drain the water from the peas using the sieve/colander and rinse them using fresh water.
3. Peel the garlic cloves and then crush and chop them.
4. Place the peas, garlic, water, stock cubes and butter in the pan. Bring to the boil, stir and then cook over a low heat on the hob until the peas are soft. This should take around 50 minutes.
5. Serve the soup topped with some crispy bacon bits if you wish.



Viking Pancake with Berries



Ingredients

- 100g plain white flour
- 75g plain wholemeal flour
- 450ml milk
- 3 large eggs
- 30g butter
- 150g blueberries

Equipment

- scales
- measuring jug
- large mixing bowl
- whisk
- wooden spoon
- baking dish (with fairly deep sides)

Method

1. Preheat the oven to 210°C/gas mark 7.
2. Place the butter in the baking dish and heat up in the oven.
3. Put both types of flour into the mixing bowl and whisk in the eggs to make a thick batter.
4. Gradually, add the milk, whisking well and making sure there are no lumps in the mixture.
5. Stir the blueberries into the batter.
6. Carefully, remove the hot baking dish from the oven and pour the batter into it.
7. Bake for about 30 minutes, until the pancake has puffed up and is a golden brown colour.
8. Serve cut into pieces.

