

Cheesecakes, custards, cream etc are all produced by the new milk from the cows but they never reach the stomach of the seamen. After all, sailors and admirals are born with the same appetites.

**Aaron Thomas**

Shortly after leaving St Helena we touched upon a small island where we got a good supply of turtle'. First we turn it on its back. Our men succeeded in taking sixteen, each weighing a 1/5 of a ton. Every evening for near six weeks we took one of the creatures and prepared him for the pot.

**William Richardson**

Sir Edward Pellew encourages his men to use every method to catch fish, which has helped reduce the amount of scurvy aboard his ship. What a pity this excellent idea is not practised by most in the fleet.

**Dr Trotter**

## Activities

Draw up a menu for the sailors and one for the officers

Sailors' Menu

Officers Menu

What would you include to try and make the meals more healthy?

What would you make sure was never included in the meals?



Sailor and Midshipman  
National Maritime museum, Greenwich, London