

ISSUE 3 • WEEK OF 16 NOVEMBER 2026

Puddings, Pies & Sunday Dinners

Five short sessions, Monday to Friday. Print on A4, or enlarge to A3 for the table.



Fireside Weekly

A week of Sunday dinners, school puddings and who got out of the washing-up. Skip a day if you need to.

Day	Session	Where	Time
Monday	The Big Quiz , then “Which would you rather?”	Page 2	30 min
Tuesday	At the Table , then Kitchen Weights & Measures	Page 3 and 4	30 min
Wednesday	Everyone Had a Job , a story to read aloud, then the talking cards	Page 5 and 6	30 min
Thursday	Songs to Eat and Drink To	Page 7	30 min
Friday	The Great Pudding Debate , then finish the pair	Page 8	30 min
Any day	A Gentle Session for quieter residents, in a small group or one-to-one	Page 9	15 min

GATHER FOR THE WEEK

- A mixing bowl and a wooden spoon
- A little nutmeg or cinnamon in a cup, to smell
- A clean tea towel
- Music for Thursday, on CD, the radio or online
- Pens, and copies of page 10 for the puzzles

Covering for the coordinator? Each day’s page has a short “How to run it” box. Read it once and follow it.

Safety. If you share any food or drink, check each resident’s care plan first for texture-modified diets, swallowing plans and allergies. Nutmeg and cinnamon are for smelling, not eating.



The Big Quiz

Eight questions on Sunday dinners and puddings. If one is too hard, read out the choices in brackets. Answers are on page 12.

HOW TO RUN IT • ABOUT 30 MINUTES

1. Play in teams, or just ask the room. Read each question twice.
2. After an answer, ask who remembers it. Who loved school puddings?
3. Finish with “Which would you rather?”. Everyone can join in.

1. Yorkshire pudding usually goes with which roast? (beef or chicken?)
2. Traditionally, when were Yorkshire pudding and gravy eaten?
(before or after the meat?)
3. Mint sauce is usually served with which roast? (lamb or pork?)
4. Crackling is the crisp skin of which roast? (pork or beef?)
5. What is fried leftover potato and cabbage? (bubble and squeak or hash?)
6. What are the “spots” in spotted dick? (currants or nuts?)
7. How much did a free school milk bottle hold? (a third of a pint or a pint?)
8. Which school pudding was called “frogspawn”? (tapioca or semolina?)

WHICH WOULD YOU RATHER?

No right or wrong answers. Ask for a show of hands, then ask a couple of people why.

Custard or cream?

Roast beef or roast chicken?

Crumble or sponge?

Tea or coffee after dinner?

Thick gravy or thin?

Dinner at one or at five?



At the Table

Hold the page up or pass it round, and give people time to look.

HOW TO RUN IT · ABOUT 30 MINUTES

1. Pass the picture round, or hold it up where everyone can see it.
2. Ask the questions below one at a time, and let the talk wander.
3. Then turn to page 4 for the old weights and measures.



A Shrove Tuesday social at Glyn Ceiriog, north Wales, 1956.

Photo: Geoff Charles, National Library of Wales, 1956, CC0 (public domain dedication)

LOOK AND TALK

- What do you think is on the table?
- Who would have made all that food?
- Did you have pancakes on Shrove Tuesday?
- What did you put on your pancakes?
- Who could toss a pancake in your house?



Kitchen Weights & Measures

Before grams and litres, recipes used ounces, pounds and pints. Work them out on paper together.

1 ounce (oz)

about 28 grams

1 pound (lb)

16 ounces

1 stone

14 pounds

1 pint

20 fluid ounces

1 gill

a quarter of a pint

1 quart

2 pints

CAN YOU WORK IT OUT?

1. The grocer cuts half a pound of butter. How many ounces is that? (8 oz or 10 oz?)
2. Half a stone of potatoes for Sunday dinner. How many pounds is that? (7 lb or 5 lb?)
3. How many gills of milk fill a pint jug? (4 or 2?)
4. So how many fluid ounces are in a gill? (5 or 10?)
5. A modern sponge recipe uses 175 g of butter. About how many ounces is that? (about 6 oz or 10 oz?)

THEN TALK ABOUT IT

- Who did the weighing in your kitchen, and on what scales?
- What did your mum make by eye, without a recipe?
- Do you still think in ounces and pints?



Everyone Had a Job

It's a made-up story, written for this pack.

HOW TO RUN IT · ABOUT 30 MINUTES

1. Read it slowly, and pause at the end of each paragraph. Then ask the three questions under it.
2. Hand round the talking cards on page 6 for anyone who wants to keep talking.

On Sundays the kitchen at number seven was the busiest room in the street. By ten o'clock the beef was in the oven, the windows had steamed up and the wireless was playing quietly on the dresser. Everybody had a job, and nobody was excused.

Dad peeled the potatoes at the sink. Auntie Win shelled the peas into a colander and ate one for every five. Young Peter was sent down the garden to pull the carrots, and came back with more mud than carrots.

Gran made the Yorkshire puddings. She never weighed a thing. She beat the batter with a fork until it was smooth as cream, then left it to rest under a tea towel. "The fat must be smoking hot," she said, "and nobody opens that oven door." Nobody ever did.

At one o'clock they all sat down. The puddings came out tall and golden, and they ate them first, with gravy, the way Gran liked. Then came the beef, the roast potatoes and Peter's carrots, with a jug of gravy that went round twice.

Afterwards came jam roly-poly and custard, then the washing-up. Peter dried, Auntie Win put away and Dad wiped down the table. Gran sat by the fire with her feet up. "Same again next Sunday," she said. And it always was.

TALK ABOUT IT

- Who did the cooking on Sundays in your home, and who helped?
- What was your job in the kitchen when you were young?
- Did you eat your Yorkshire pudding before the meat, or with it?



Talking Cards

Cut along the dotted lines. Hand them round after the story, or use them in pairs or one-to-one on any day.

Who taught you to cook?
What did you make first?

What was your favourite
pudding as a child?

What was on the table for
Sunday tea?

Who carved the Sunday joint
in your house?

Did your family grow fruit or
vegetables? What did you
make with them?

What was kept in the larder
or pantry when you were
growing up?

What did you make with
Sunday's leftovers?

What would you cook for a
special visitor?



Songs to Eat and Drink To

Six songs with something to eat or drink in the title. The year is when each came out or topped the UK charts.

HOW TO RUN IT • ABOUT 30 MINUTES

1. Find the songs before the session and check the volume.
2. Play them one at a time. Ask the room to guess the year before you tell them.
3. Between songs, try one of the questions below, or just let people talk.

1	Yes! We Have No Bananas	1923	☐
2	Tea for Two	1924	☐
3	Everything Stops for Tea	1935	☐
4	Cherry Pink (and Apple Blossom White)	1955	☐
5	Sweets for My Sweet	1963	☐
6	Sugar, Sugar	1969	☐

Song titles only. Play any recording you have, from a CD, the radio or online. Tick each one as you play it. Playing recorded music in a lounge usually needs a music licence, which most homes already hold. Ask your manager if you're not sure.

BETWEEN SONGS, ASK

- Was the wireless on during Sunday dinner in your house?
- Who sang in the kitchen while they cooked?
- Which of these would you have danced to?

Moving to the music. Clap along, tap a foot or wave a tea towel in time. Everyone can do it sitting down. Nobody should stand unless their mobility plan says it's safe.



The Great Pudding Debate

Read a statement out and ask for a show of hands. Then get someone from each side to say why.

HOW TO RUN IT • ABOUT 30 MINUTES

1. Read each statement and take a vote.
2. Ask one person from each side to say why they think so.
3. Finish with the pairs. Read the first half and let the room call out the rest.

Custard is better than cream.

Agree: _____

Disagree: _____

It isn't a Sunday dinner without Yorkshire puddings.

Agree: _____

Disagree: _____

Puddings were better when we were young.

Agree: _____

Disagree: _____

Whoever cooks shouldn't have to wash up.

Agree: _____

Disagree: _____

FINISH THE PAIR

Most have one usual answer. If someone says something different, ask them about it.

Fish and ...

Strawberries and ...

Bangers and ...

Bubble and ...

Cheese and ...

Apple pie and ...

Toad in the ...

Roast beef and ...



A Gentle Session

For residents who find a group too much, or who are in bed today. Kitchen smells and things to hold do most of the work.

BRING

- A warm cup of tea, if their care plan allows it
- A wooden spoon or a mixing bowl to hold
- A little nutmeg in a cup, to smell
- A clean tea towel to fold

WHAT TO DO

1. Show them the bowl and spoon, and let them hold them.
2. Offer the nutmeg to smell. Say it went on top of rice pudding.
3. Ask them to show you how they'd stir a pudding mix.
4. Fold the tea towel together, slowly, chatting as you go.

SAY, ONE AT A TIME

Custard or cream?

Did you like rice pudding?

Who did the cooking at home?

Shall we fold this together?

Sit at eye level and say who you are. Don't worry if the answers don't come. A smile, a hum or a squeeze of the hand is plenty. If someone would rather be left in peace, thank them and leave it there.

What they enjoyed or said:



Puzzles

WORD SEARCH

T	D	L	H	C	A	T	U	P
C	R	G	B	R	Y	R	D	M
U	I	R	E	U	T	H	I	U
S	P	A	S	M	R	U	B	N
T	P	V	H	B	I	B	G	D
A	I	Y	U	L	F	A	D	F
R	N	H	I	E	L	R	E	A
D	G	S	W	O	E	B	B	I
H	I	Y	P	A	S	T	R	Y

CUSTARD GRAVY DRIPPING CRUMBLE TRIFLE PASTRY RHUBARB

FINISH THE SAYING

A watched pot ...

An apple a day ...

Half a loaf ...

Don't cry over ...

You can't have your cake ...

Out of the frying pan ...



Activity Record

Puddings, Pies & Sunday Dinners · Week of 16 November 2026 · Run by: _____

For each day, write **1** watched or listened, **2** joined in, or **3** led or shared a memory. Copy anything new into the resident’s care plan or life-story record.

Resident	Mon	Tue	Wed	Thu	Fri	What they enjoyed, said or remembered

Answers

THE BIG QUIZ

1. Roast beef
2. Before the meat, with gravy
3. Lamb
4. Pork
5. Bubble and squeak
6. Currants or raisins
7. A third of a pint
8. Tapioca (or sago)

KITCHEN WEIGHTS & MEASURES

1. 8 oz
2. 7 lb
3. 4
4. 5 fl oz (a quarter of 20)
5. About 6 oz

FINISH THE PAIR

1. Fish and chips
2. Strawberries and cream
3. Bangers and mash
4. Bubble and squeak
5. Cheese and pickle
6. Apple pie and custard
7. Toad in the hole
8. Roast beef and Yorkshire pudding

FINISH THE SAYING

1. A watched pot never boils
2. Don't cry over spilt milk
3. An apple a day keeps the doctor away
4. You can't have your cake and eat it
5. Half a loaf is better than none
6. Out of the frying pan into the fire

WORD SEARCH

T	D	L	H	C	A	T	U	P
C	R	G	B	R	Y	R	D	M
U	I	R	E	U	T	H	I	U
S	P	A	S	M	R	U	B	N
T	P	V	H	B	I	B	G	D
A	I	Y	U	L	F	A	D	F
R	N	H	I	E	L	R	E	A
D	G	S	W	O	E	B	B	I
H	I	Y	P	A	S	T	R	Y