

Renaissance Food

- Most common foods were Breads and meats
- Hunting and Fishing would be required for the gathering of any animal, such as: Quail, duck, fish, and geese.
- Common Breads: *Gingerbread*: Boil Honey, let it set for 2 minutes, stir in breadcrumbs, stir in ginger and pepper then flatten.
- *Ealishds Bread*: 2 loafs, 6 cups of flour, 3 cups of warm water, 2 packets dry yeast, and bake for 30 minutes.
- **Fun Fact:** Peacocks were considered fine meat; weren't only raised for their feathers



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Breads and pastries



Literature

- *Niccolo Machiavelli* was an Italian Renaissance political philosopher who wrote a famous piece of advice known as *The Prince* on how to get and keep political power.
- *Sir Thomas More* was an English lawyer, and Speaker of the House of Parliament before he refused to acknowledge Henry VIII as the sole head of the church. He was beheaded for this refusal. He is famous for his political work *Utopia* (1516).



Literature



- *The Prince* was a guidebook for the ruler Machiavelli hoped he would eventually unite Italy to drive out foreign threats. *The Prince* argues that it is better for a ruler to be feared than loved, and has served as a handbook by European leaders for centuries since its publishing in 1513.
- Machiavelli's cenotaph in the Santa Croce Church in Florence.

Masterpieces

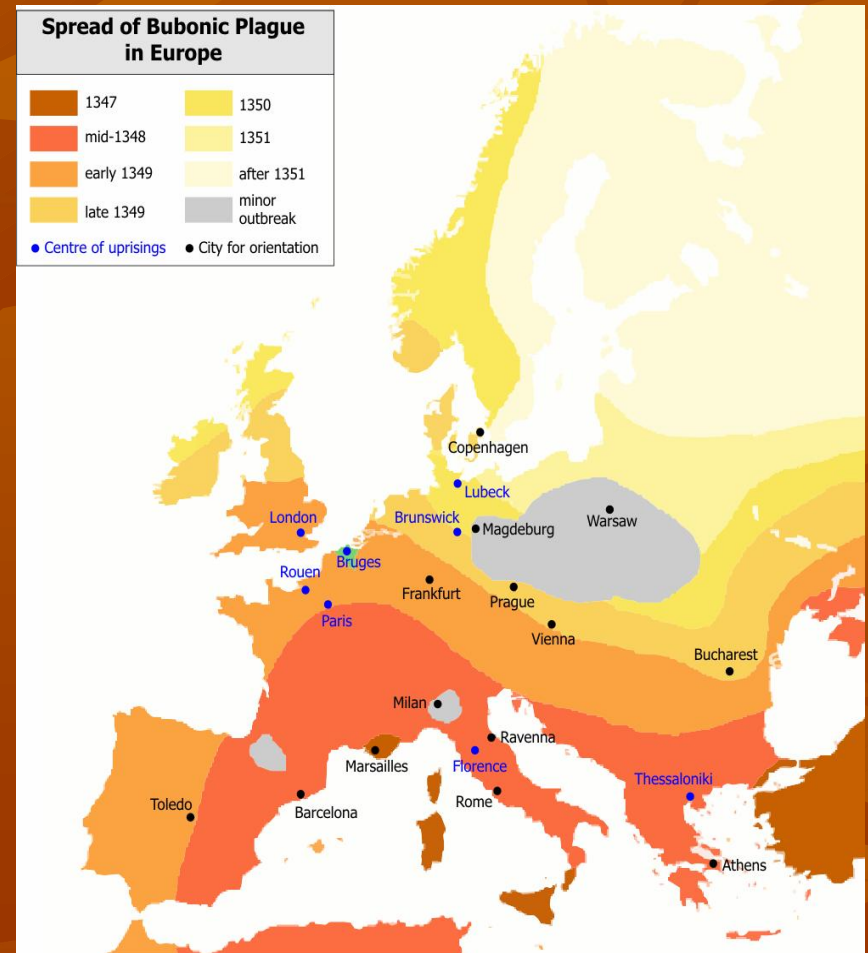
- Leonardo Da Vinci wrote a piece on the Human Body which included 1200 anatomical drawings of the Human Body that captivated medical professionals, art, and history enthusiasts.
- Michelangelo's "David" one of his two greatest works along with the *Pietà*. However, it is the *David* alone that almost certainly holds the title of the most recognizable statue in the history of art. It has become regarded as a symbol both of strength and youthful human beauty. It stands at 5.17 meter (17 ft)

Education

- Renaissance educational theory of the 15th and 16th centuries weighs in on the side of aristocracy, i.e., leadership roles should be in the hands of the best and brightest.
- The level of education corresponded with the level of class they were in, Philosophers, artists, sculptors, or those with a high level of leadership generally had a high level of education
- Education and Leadership: *“A few gifted people may become leaders; most of mankind must be led. Leadership potential is inborn, but it will develop only if a proper education is begun early and systematically continued.”*

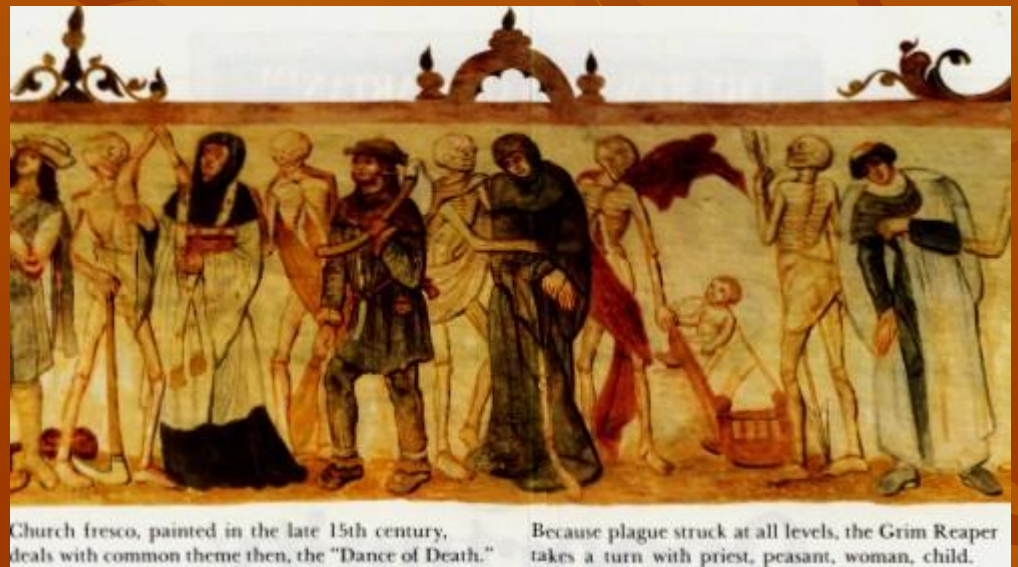
The Black Death

- It began in south-western Asia and spread to Europe by the late 1340s, where it received its name *Black Death*.
- Estimated at 75 million people. The Black Death is estimated to have killed between a third and two-thirds of Europe's population.
- Black Death was characterized by buboes (swellings in lymph nodes) caused by bacterium and spread by fleas and animals (Black Rat)



Social Distress

- In the years 1315 to 1322 a famine, known as the Great Famine, struck all of Northern Europe. Food shortages and skyrocketing prices were a fact of life for as much as a century before the plague. Wheat, oats, hay, and consequently livestock were all in short supply --and their scarcity resulted in hunger and malnutrition. The result was a mounting human vulnerability to disease, due to weakened immune systems.
- The European economy entered a vicious circle in which hunger and chronic, low-level debilitating disease reduced the productivity of laborers, and so the grain output suffered, causing grain prices to increase.



When one would contract The Plague, big black spots would appear on your body called buboes. They would be found under your armpits and behind your knees and on your neck. A lot of people called it the Black Death, because after that the tips of your fingers and toes and your nose often turned black.