

## HISTORY

The history of cake dates back to ancient times. The first cakes were very different from what we eat today. They were more bread-like and sweetened with honey. Nuts and dried fruits were often added.

According to food historians, the ancient Egyptians were the first culture to show evidence of advanced baking skills.

People have consumed cakes of all kinds throughout history and at all sorts of ceremonial occasions

Famous cake stories

- King Alfred burns the cakes!
- The Jaffa schism 1687 – leading to the Jaffa Wars 1699-1711

## PHILOSOPHY

- Is a cake truly a cake?
- What IS cake?
- Are cakes really there or are they wish fulfilment?
- Jaffa cake – Cake or biscuit?
- What is the difference between cake, gateau and torte?
- Why are cakes round?

## ETHICS

- Is it right to eat cake?
- Should you have the right to choose cake?
- Human Rights and Cake
- Is cake availability leading to increased risk of medical issues?

An empty stomach is not a good political adviser – Albert Einstein

## MATTERS OF CENTRAL IMPORTANCE

### CAKE – nourishment for mind and body?

Links between food and caring for others

Christianity

- Matthew 25:35 “For I was hungry and you gave me food, I was thirsty and you gave me drink, I was a stranger and you welcomed me.”

Judaism

- Providing charity for poor and hungry people weighs as heavily as all the other commandments of the Torah combined – Babylonian Talmud Baba Batra 9A

Islam

- He is not a believer who eats his fill whilst his neighbour is hungry – Hadith

**Food can bring people together in a way nothing else could – Yotam Ottolenghi**

**Of course, this is a bit of fun for you to enjoy over a coffee break, not to be taught in the classroom!**

## DIVERSITY

CAKE in Religions and worldviews

Cakes have been part of religious and worldview history – including

- Pancakes - traditionally eaten on Shrove Tuesday to symbolize the end of rich eating before Lent (Christianity)
- Modak - a sweet dumpling with a filling of fresh coconut and jaggery made specially during Ganesh Chaturthi.(Hinduism)
- Baklava - associated with the fasting month of Ramadan and Eid ul-Fitr (Islam)
- Hamantash - a triangular pastry filled with fruit, nuts, or seeds (especially poppy seeds) and eaten at the festival of Purim, being symbolic of the ears of the defeated enemy. (Judaism)
- Guru Har Rai ate a cake made by a lowly person and claimed it the most delicious he had ever eaten as it was made with honest endeavour and was therefore pure (Sikhism)

‘Cake really isn’t important at all nutritionally, but symbolically it seems to have had an enormous importance’

Alysa Levene, author of *Cake: A Slice of History*, published by Headline Publishing