

## 3D The Burren Code

The Burren Code is a modern set of rules which protect the irreplaceable heritage of the Burren. It forbids people doing anything which may damage the landscape such as

- parking cars on the limestone pavement
- building miniature dolmens
- removing weathered limestone
- disturbing our built heritage such as monuments, houses and field walls
- picking or removing the wildflowers of the Burren
- uprooting plants in national parks and nature reserves

It asks us to leave nothing except footprints, take nothing except memories from the natural wonderland that is the Burren.

Questions:

\_\_\_\_\_ damages the limestone pavement.

Three features of our built heritage are \_\_\_\_\_

Building miniature \_\_\_\_\_ damages the natural limestone landscape

We can help protect the 600 different recorded flowering plants of the Burren by \_\_\_\_\_



# THE BURREN CENTRE LÁMHA SUAS PUPIL WORKSHEETS

## SOCIAL, PERSONAL & HEALTH EDUCATION & THE BURREN

**3A Diet and Food**

**3B Burren activities and healthy lifestyle**

**3C Brehon law**

**3D The Burren Code**

### 3A Diet and Food

In today's world a balanced diet and lifestyle is more important than ever. In prehistoric times the people of the Burren and throughout the country cooked their foods at fulachta fiadh, the ancient outdoor version of the barbeque. Here, in the Burren, locally produced food is readily available at weekly farmers markets and restaurants. Local chefs source the harvest of both the land and the sea to cook regional dishes, and monkfish, bass and trout are specialities in many of these eating-houses. Recipes such as the world famous Burren Lamb dishes are served up throughout the region and beyond. Its unique flavour is a product of the sweet pasturages of the Burren where the animals graze. Mionnán, or goat is another familiar regional dish served up here. The Burren Centre tearooms serve locally produced ingredients as part of its menu.

#### To Do:

Go to the 3D display in the Burren Centre of the fulachta fiadh

1. What do you think is being cooked?
2. How is the food cooked?

#### Questions:

**Good nutrition is having a healthy diet. Our food habits are especially important when we are young. To enjoy a healthy active lifestyle what are the ways you can improve your diet ?**

#### To Do:

**Design your own menu card for a nutritious three course meal for a school day trip to the Burren**

### 3B Burren activities and healthy lifestyle

The Burren is an outdoor paradise for active people. It must have rubbed off on Michael Cusack, founder of the GAA, who came from the Burren! Long ago sports such as road bowling and weight throwing were widely played in the Burren. Today new sports are very popular with young and old alike, along with traditional Gaelic games such as hurling and football. Surfing, kayaking and swimming enthusiasts are extremely well catered for here. People come from near and far to walk in the Burren and its magnificent scenic routes along the Burren Way. For **speleologists** who enjoy exploring caves and the extensive underground world, the Burren is the place to be. Exercise makes us feel better about ourselves. It increases our strength, stamina and flexibility. It improves our posture and helps us to sleep better and live longer.

#### Questions

1. What activities would you like to do over a day in the Burren?
2. List some of the benefits of exercise?

### 3C Brehon Law

The ancient laws of Ireland were the oldest and perhaps most humane collection of laws in Europe. These laws are commonly known as the Brehon Law. It is believed that the basic principles of the **Brehon Law** go back as far as 4,000 years ago. The most severe punishment under these laws was exile, but most disputes got settled with an eric, or fine, owed to the victim or his surviving relatives.

The Brehon Law applied to many aspects of life and because of this there are some strange and humorous laws recorded. Brehon Law was concerned about the welfare of animals and stated: *It is illegal to override a horse, force a weakened ox to do excessive work or threaten an animal with angry vehemence which breaks bones.* It also understood the appetite of pregnant women stating that 'if a pregnant woman craves a morsel of food and her husband withholds it through stinginess, meanness or neglect he must pay a fine.' Wages were established by law: two lambs a year for the wife who minds the sheep and twenty-one cows, plus land to feed them, and two hounds and two horses for the chief poet of a tribe. The renowned hospitality of the Irish can be traced in these laws when only young children, madmen and old people were released from the obligation to provide housing and meals to travellers.

Cahermacnaughten and its once great Brehon law school was ran by the O'Davorens of the Burren. Cahermacnaughten was one of the most important law schools of the old Gaelic order and survived right up to the seventeenth century. This school possessed a very large collection of early Irish legal texts. The most famous of these, known as Egerton 88, is in the British Museum. Under the old Brehon system of society, such was the respect for learning that the ollamh or professor, held equal rank to a king or bishop.

### Worksheet 3C

#### The Burren Centre Court of True or False

The Brehon laws were the ancient laws of Ireland **True/False**

It was illegal under Brehon laws to abuse an animal **True/False**

The wife who minded the sheep got ten lambs a year **True/False**

The Ollamh under the old Irish laws was equal to a king or bishop in rank **True/False**

The most severe punishment under Brehon Law was exile **True/False**

Stinginess and meanness was not punishable under Brehon Law **True/False**