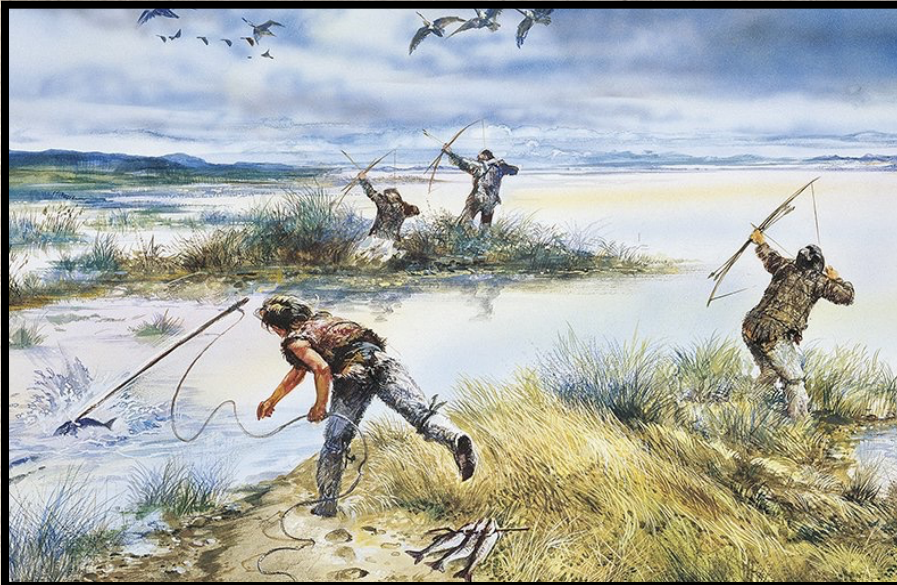


# Food Throughout History



# Ancient Egyptian Food and Drink

## Ancient Egypt

3100BC - 550BC

Egypt, North Africa

Settlements grouped largely  
along the River Nile

## Meals

Although we are not entirely sure how many meals were eaten in a day, it is believed to have been between 2 and 3, most certainly breakfast and an evening meal. Meal times were important family time.



## Farming

Farming was an important job in Ancient Egypt, but it was regarded as quite a poor job to do and wasn't all that well respected. When the Nile flooded, most farmers would leave their farms to help build structures like pyramids or temples. Then they would return to plant the seeds in the rich, fertile soil before harvesting the plentiful crops in the following months before the cycle started again.

# Ancient Egyptian Food and Drink

## Drinks

The Egyptians drank lots of beer, but it wasn't very strong. They used barley and emmer-wheat and it was very thick, not like beer today. Most Egyptians did not want to drink water from the Nile as they had seen people becoming ill from it, and fresh water wells were not always common. Both old and young would drink beer.

They also drank red and white wine made from grapes and added spices and honey to give it variety.

## Types of food

The Egyptians had a pretty healthy and varied diet. They ate lots of bread, whether you were rich or poor, but it may have had sand in it though, which would have worn the their teeth down.

Other foods included vegetables like onions, garlic and beans, as well as fruits such as melons, dates and figs.

Meat wasn't eaten often, but poultry and fish were roasted and preserved by drying and salting. Meat like beef was expensive and only the rich could afford it.

# Ancient Egyptian Food and Drink

## Websites



History For Kids - Ancient Egyptian Food



Mr Donn - Ancient Egyptian Food



Ducksters - Ancient Egyptian Food

## Epic! Books

National Geographic Kids -  
Everything About Egypt -  
p35

Explore Ancient Egypt! -  
p21-26

How'd They Do That?  
Ancient Egypt - p27

# Prehistoric Britain Food and Drink

Stone Age to Iron Age

10,000BC - 43AD

Britain

Settlements were small but grew in size and farming became significant



## Meals

We can't be certain of how many meals were consumed in a single day, but the process of eating was very different to today, certainly during the Stone Age. Eating habits changed as time went on.

## Hunter-gatherers and Farming

Before farming was invented, most people would have to go and hunt animals for meat. This could be very dangerous as there were lots of enormous and deadly animals during this time. Primarily, they would gather foods like nuts and berries.

Fortunately, farming became very popular as it was much safer and people could stay in one place and grow what they needed. People started to raise animals.

# Prehistoric Britain Food and Drink

## Drinks

Drinking lots of beer rather than water was much healthier. Boiling the ingredients to make beer makes it much cleaner than water from a river or stream. This type of beer wouldn't have been very strong though.

Drinking the natural juice from berries and grapes meant that prehistoric people drank wine too. Again, this wouldn't have been as strong as today's wine.

Prehistoric Britons would have struggled with milk at first, as the human body was not used to it and they would have thrown up quite a lot!

## Types of food

During the Stone Age, meat from hunting wild animals such as bison, mammoths, deer, boars and even tortoise would have been roasted or boiled. As time moved on, more typical farmyard animals such as pigs, cows and sheep would have been eaten.

Fish was also popular as it was plentiful and provided lots of protein.

As farming become more significant, typical vegetables like lettuce, cucumbers and peas became popular, giving prehistoric Britons a fairly healthy diet.

# Prehistoric Britain Food and Drink

## Epic! Books

Stone Age Farmers Beside  
The Sea: Scotland's  
Prehistoric Village of Skara  
Brae - p26-29

## Websites



Ancient Craft - Stone Age Food



National Geographic - Stone Age Diet



DK Find Out! | Stone Age Food

# Roman Britain Food and Drink

## Roman Britain

43AD - 410AD

Britain

Towns and cities grew and the Romans brought lots of new foods with them



## Meals

The Romans enjoyed their food and they ate around 3 meals a day: breakfast, lunch and dinner. The evening meal would be the highlight of the day and rich people often threw dinner parties to socialise.

## Producing food

The Romans built lots of farms all around the world as they had an enormous empire to keep well fed. They imported and exported lots of foods, especially to Britain. Spices from India, pork from France and fish from the Mediterranean were all imported. Many of our fruit and vegetables that we eat today came from the Romans.

As the empire grew larger, they started handing out free grain to keep the people happy. Poor people in cities, in houses made of wood, would go to a 'cook shop' to have their meals heated up so that they didn't set fire to the closely-packed buildings.



# Roman Britain Food and Drink

## Drinks

Wine was very important for the Romans and was the main drink, certainly around meal times. The wine was mixed with water to weaken it, but the alcohol in the wine made the water safer to drink.

Water was much cleaner (than it had been during Prehistoric times) for much of Roman Britain as the Romans built aqueducts that carried fresh water from far away that hadn't mixed with sewage. These were huge tunnels that carried the water and were often built underground to keep it cool. They were as tall as an average-sized man so that people could go and clean them every so often.

## Types of food

The type of food they ate depended on whether they were rich or poor. Rich people would import food and might have extravagant items during feasts such as lion or giraffe! The rich would eat lots of meat and use honey or poppy seeds to add flavour.

Poorer people would eat lots of bread as it was cheap. They didn't eat lots of meat because it was expensive, but would have filled up on vegetables, porridge and seafood.

Diets for both rich and poor were quite varied and fairly healthy.

# Roman Britain Food and Drink

## Websites



Primary Homework Help - Roman Food



Ducksters - Ancient Rome: Food and Drink



History For Kids - Roman Food

## Epic! Books

Tools Of The Ancient  
Romans - p68-69

Ancient Civilisations: Ancient  
Rome - p49-50

How'd They Do That?  
Ancient Rome - p29-33

Ancient Rome: Inside Out -  
p15-16

# Ancient Maya Food and Drink

## Ancient Maya

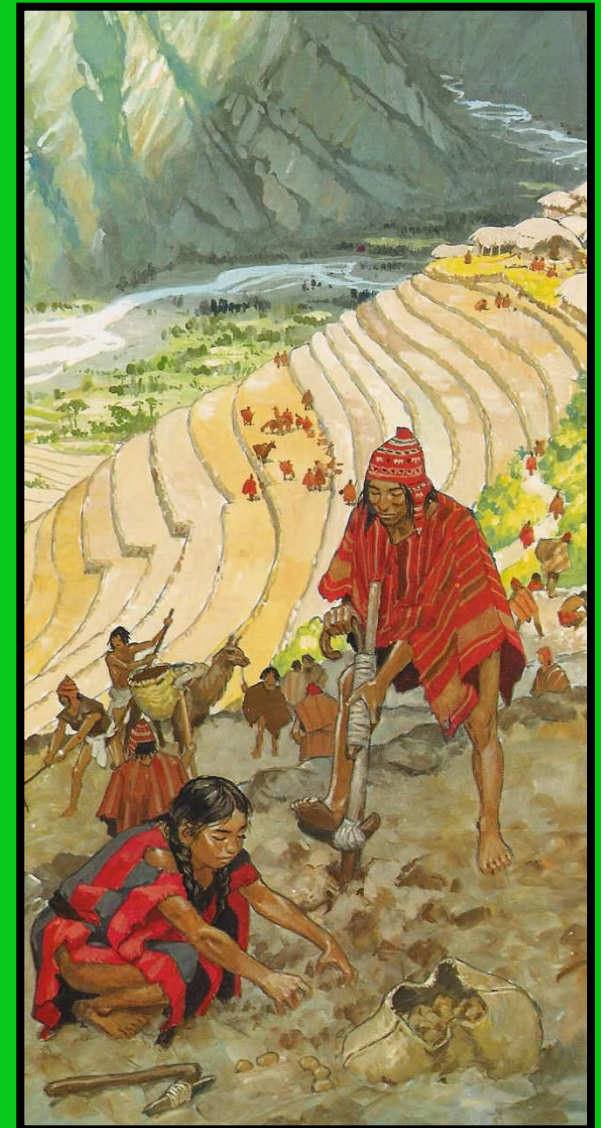
1800BC - 1500AD  
Central/South America  
Large settlements where the  
main occupation was farming

### Meals

Although we are not entirely sure how many meals were eaten in a day, it is believed to have been between 2 and 3. These meals consisted mainly of corn or beans as these were the most important crops in the area.

### Farming

Farming was incredibly important and up to around 90% of the population may have been farmers. One method used was called 'slash and burn', which meant burning down an area of forest so that the ash would leave the soil rich in nutrients. This would only last about 2 years before having to move on. They also used 'terraced farming' where walls were built to make small flat fields on top of each other, increasing the amount of farmland in a mountainous area.



# Ancient Maya Food and Drink

## Drinks

The Maya had a variety of drinks on offer to them including water, juice and chocolate. One drink was called 'Jamaica' which was made from the hibiscus flower. It was then mixed with water, sugar and honey and drunk during the summer months.

As cocoa beans were readily available, the Maya often turned it into a chocolate drink, but mixed it with honey, vanilla and chilli peppers. This would have been served to wealthy people as cocoa was seen as very valuable and a luxury.

## Types of food

A variety of foods were eaten during this time including fruits, vegetables and meats. Corn and beans were the main staples of their diet as well as avocados and tomatoes.

Cocoa beans were very valuable and were used not only to make chocolate, but as a form of currency too.

Some food was cooked on hot stones while items such as meat on skewers were wrapped in leaves, put in a pit with some hot stones and then covered with earth to cook them. Meat included deer, monkey and crocodile.

# Ancient Maya Food and Drink

## Websites



DK Find Out! | Ancient Mayan Food



Historyplex - Mayan Food



Mr Donn - Food & Maize

## Epic! Books

How'd They Do That? The  
Mayan Civilisation - p31

Ancient Maya: Inside Out -  
p15-16

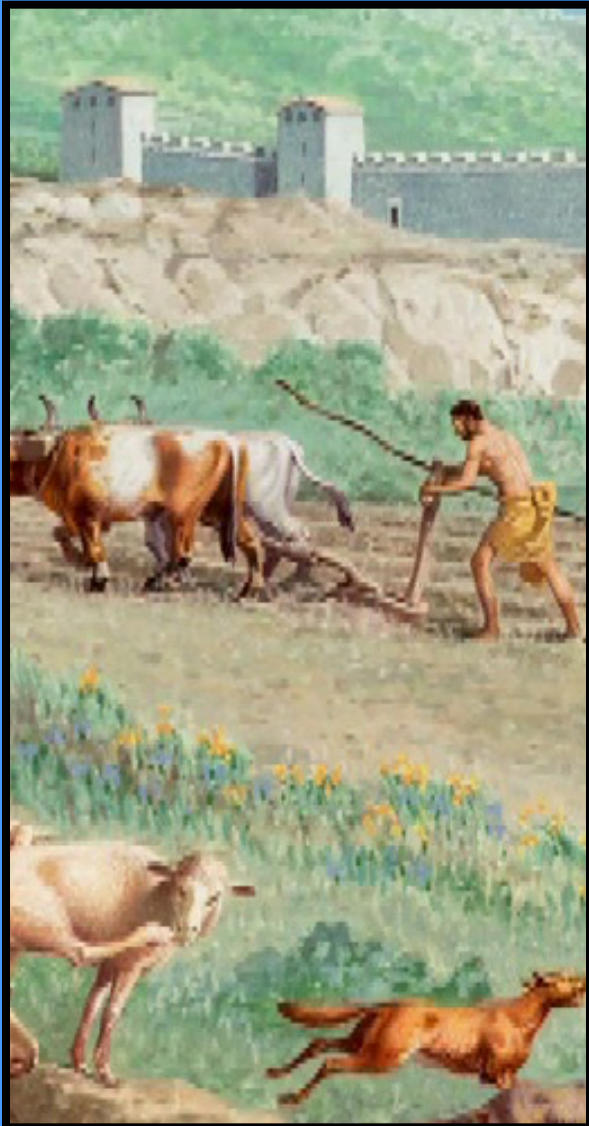
Ancient Civilisations: Ancient  
Maya - p46-48

# Ancient Greek Food and Drink

## Ancient Greece

1200BC - 146BC

Greece, the Mediterranean  
Multiple city states with lots of  
different views on the same  
ideas



## Meals

The Greeks ate 3 meals a day: breakfast, lunch and dinner. The evening meal was the main meal of the day. Wealthy citizens might host dinner parties where there were lots of courses and fancy foods like *baklava* (pastry, nuts and honey), a dessert still eaten in Greece today.

## Farming

Farming wasn't easy in Greece because of the hot weather and rocky, hilly terrain. Land around rivers and coasts was good though and they grew fruit like olives, grapes and figs and vegetables like cabbage, lettuce and garlic. Olive oil was used for cooking, heating, soap, medicine and trading. Foods were also imported from other places. Being close to the sea, lots of fish was eaten too for protein, as well cheese and eggs from animals.

# Ancient Greek Food and Drink

## Drinks

The Greeks overwhelmingly drank wine, whether you were rich or poor. It was watered down to make it weaker, as it was seen as uncivilised to drink it unwatered and highly unacceptable to be drunk in public. It was drunk with virtually every meal.

Milk from animals was generally used for cooking rather than drinking.

Water was brought in from outside of the home, likely by slaves or servants, while beer was seen as a drink for only the poorest of society.

## Types of food

The Greek diet was pretty healthy as it included lots of fruits, vegetables and some meats. Bread was a staple of their diet and eaten with most meals.

Fish was eaten more than animal meat as it was expensive and animals were needed to produce milk and eggs. Those animals that were eaten were often sacrificed to a god of some sort.

Wealthier citizens might hold feasts or parties that had lots of food on offer and included entertainment from gymnasts, poets and musicians.

# Ancient Greek Food and Drink

## Websites



Primary Homework Help - Ancient Greek Food



DK Find Out! - Ancient Greek Food



Mr Donn - Ancient Greek Food

## Epic! Books

Ancient Civilisations: Ancient Greece - p40-41

Tools Of The Ancient Greeks - p21

Explore Ancient Greece! - p21-26



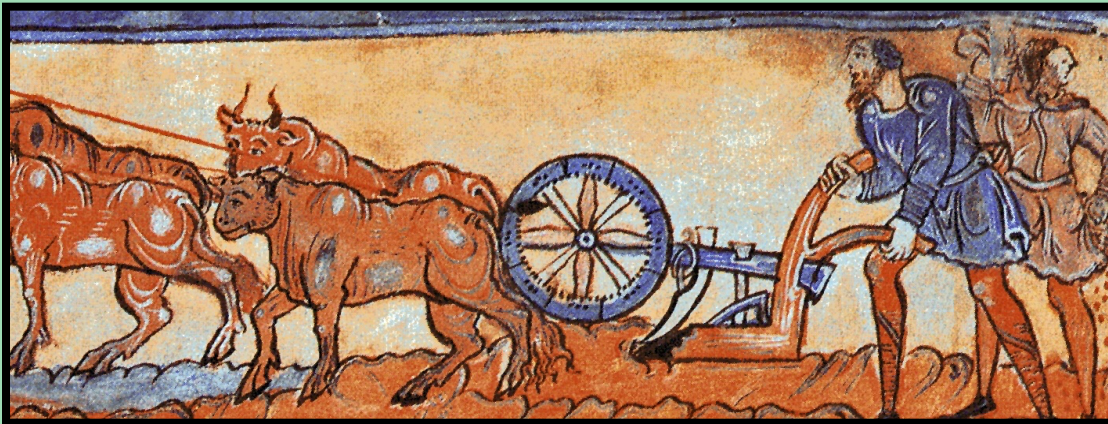
# Anglo-Saxon Food and Drink

## Anglo-Saxons

450AD - 800AD

Britain

Groups of farmer-warriors from Europe moved to Britain after the Romans left



## Meals

Thought to have been 2-3. Meals were eaten inside of the family home around a fire in the centre, or as a community at the table of the village Lord.

## Farming

Nearly all Anglo-Saxons were farmers. Although some were very skilled craftsmen too, their main job was to look after the crops to provide for their families and villages. Villages would often share fields and split them into sections so that most people had some land. They would share tools and equipment too.

Fruits and vegetables were grown and animals were raised as well. Most animals were not eaten as they were far more useful making milk, eggs or providing materials for clothing.

# Anglo-Saxon Food and Drink

## Drinks

The Anglo-Saxons drank beer and mead. Mead is like wine, but made with honey instead of grapes. The beer was watered down to make it weaker, but the alcohol in the beer made the water safer to drink. Water was not drunk often as rivers and streams were often polluted.

They also brewed grain to make ale, which is similar to beer. This was easy to make and readily available. Depending on the area though, you might have been lucky enough to drink spring water.

## Types of food

The food they ate depended on their wealth. Richer people ate more meat and started to taste imported foods and drinks, whereas poor people ate whatever they could grow or trade.

Beef, mutton and goat were found on richer tables whereas as chicken and pork were usually found on poorer ones. Poor people tended to make stews from vegetables like cabbage, turnips, peas and beans. Salt was added to give it more flavour.

Bread was popular as it was easily made from growing wheat.

# Anglo-Saxon Food and Drink

## Websites



Primary Homework Help - Anglo-Saxon Food and Drink



DK Find Out! - Anglo-Saxon Food



History Hit - Anglo-Saxon Food and Drink

# Viking Britain Food and Drink

## Viking Britain

800AD - 1066AD

Britain

Groups of farmer-warriors from Scandinavia raided Britain and settled

## Meals

2 meals were eaten, one just after waking up and one at the end of the working day. Meals would be cooked over a fire in the middle of the house and families sat together to eat. Feasts would be had to mark special occasions and religious festivals.



## Farming and Hunting

The Vikings of Scandinavia moved to Britain as the farming land was better. The Vikings were great farmers. Men, women and children all helped grow, gather and collect food. They were also excellent hunters and regularly ate meat, either from farm animals or wild animals like bears, elk or boars. Given that they were also excellent sailors, they ate lots of fish too.

# Viking Britain Food and Drink

## Drinks

The Vikings drank a variety of different drinks including mead, ale and buttermilk on a daily basis. Fresh water from rivers and streams would most likely not be very suitable for drinking. They had different strengths of mead and ale depending on the occasion.

Mead was made like wine, but with honey instead of grapes. The Vikings used honey as a sweetener in their food and drinks.

Guests would drink ale, like beer, especially at feasts, where they would drink from wooden cups or drinking horns made from cow horn.

## Types of food

As great farmers, the Vikings grew a variety of crops that were often seasonal. Vegetables like cabbage, onions and leeks were grown, as were fruits like apples, pears and cherries.

Lots of meat was eaten, much more during feasts, such as pork, chicken, beef and duck, as well as freshwater and ocean-going fish.

The Vikings were great traders too and so they imported exotic foods such as spices, fruit and wine from distant countries in both the East and West.

# Viking Britain Food and Drink

Epic! Books

National Geographic Kids -  
Everything Vikings - p25

## Websites



Primary Homework Help - Viking Food



History On The Net - Viking Food



BBC Bitesize - Viking Food

# Victorian Britain Food and Drink

## Victorian Britain

1837AD - 1901AD

Britain

Britain had become quite divided between rich and poor after the rise of industry

## Meals

The number of meals eaten depended on whether you were rich or poor. Rich people would often eat multiple times a day, with many courses. This would be an opportunity to show your wealth.

Poor people would eat maybe 2-3 small meals a day that were bland and not very nutritional. Many of the poorest were undernourished, small and weak.



## Collecting Food

Goods could now be bought in small shops rather than growing food themselves on farms, and lots of food was now imported from other countries. The invention of the railway, along with the steam ship and on-board refrigeration, meant that foods could be sent from further away and stay fresher for longer.

People didn't have fridges at home so they would still need to buy things often, but the sale of tinned goods helped keep some foods fresher for longer.

# Victorian Britain Food and Drink

## Drinks

Clean water was a problem for both rich and poor, so other alternatives were used. For the poor, milk was a common item on the weekly shopping list, but alcoholic drinks like beer and gin were very cheap and this led to problems of drunkenness in certain areas.

For the rich, imported items like tea, wine and exotic beverages were served with most courses. Boiling the water to make a pot of tea made the water safer to drink. Displaying fancy drinks to guests served to demonstrate your wealth and social status. The fancier the food and drink, the fancier you were!

## Types of food

The food between rich and poor was very different. The rich were often very extravagant and ate exotic animals and imported goods like spices, fruits and meats from around the world. A lot of food was often wasted as it was used more for showing wealth than actual feeding. French foods and French chefs also became quite popular.

The poor had a terrible diet. Meat could only be bought once a week (if you were lucky) while bread, potatoes, gruel and broth (made from boiling up bones) were the main foods on offer.



# Victorian Britain Food and Drink

Epic! Books

A Visual Dictionary Of  
Victorian Life - p8-9

## Websites



History Cookbook - Victorian Food Facts



Primary Homework Help - Victorian Life And Food



Durham University - What The Rich Ate