

Eating & Drinking



In the **IRON AGE**, people ate a lot of **soups** and **stews**, which were cooked in one pot over a **fire**.

People ate from **pottery** or even **wooden plates** and bowls.

A lot of the **pottery** we find was used for **EATING** and **COOKING**. We find these **pots** in rubbish pits, with lots of **animal bones**. So, we know what they liked to eat!



We also find **grains** and **seeds** from plants, and **pollen** from flowers, which tell us what was grown nearby.

Would you like to eat an Iron Age diet?

The **ROMANS** didn't!

They brought over **50 new FOODS** to Britain. This includes food we eat every day like **cucumbers** and **apples**.

They also brought **figs**, **dates** and **almonds** from Egypt and southern Europe.

Food could take a very long time to **travel** to Britain. Fresh food wouldn't last, so food was dried or kept in salt and oil.

Plant seeds were easy to bring – so people had new herbs like coriander.



Recipe cards

Here are some **foods** from the **Iron Age** you might know.

Blackberries, honey, beans and peas, mushrooms, leeks, cheese, and porridge.

They also ate **meat** from cows, sheep and goats – usually on special occasions.



ACTIVITY: The recipes in the attached cards are mostly made with ingredients from the Iron Age. There is a Roman recipe too. Can you tell which one?

Do they taste as good as food today? There's only one way to find out – let's get cooking!

Only make these recipes with an adult.

Eye-spy colouring sheet

In the **Iron Age**, people gathered in roundhouses to enjoy **meals** together, tell **stories** and enjoy each other's **company**.

We think that a rubbish pit full of **pots** and **animal bones** we found was from a big Iron Age party!

What stories do you think the people are telling each other?

Can you think of a story to tell while you are eating your Iron Age food?

ACTIVITY: Colour in the drawing.

We have included some things for you to find in this colouring sheet:

- How many plates or bowls are people using?
- Can you see a loom for weaving cloth?
- Can you see our friendly black cat?
- Can you spot any Roman amphorae?

