

History

What did the Anglo-Saxons eat?

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Anglo-Saxon food and drink

The Anglo-Saxons loved eating and drinking.

The food was cooked over the fire in the middle of the house; meat was roasted and eaten with bread.

The whole family would eat together.



Anglo-Saxon food and drink

They drank ale and mead – a kind of beer made sweet with honey – from great goblets and drinking horns.

After the meal a musician would play a harp and everyone would join in singing songs of battles and heroes.



Anglo-Saxon food and drink

During the Anglo-Saxon era, they didn't have supermarkets like we do now. They couldn't just 'pop to the shop' for their dinner! Anglo-Saxons had to grow food or hunt animals.

The Anglo-Saxons were avid farmers. They grew;

- wheat and rye for bread
- barley for brewing
- oats for animal food and porridge.
- vegetables such as carrots, parsnip, cabbages, peas, beans and onions.
- fruit such as apples, cherries and plums

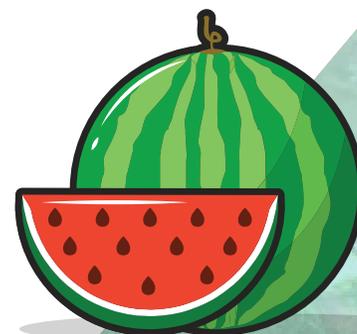
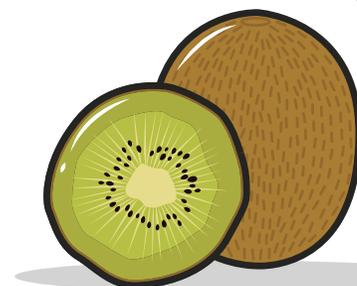


Did you know?

Many of the fruits and vegetables we eat now are grown overseas.

During the Anglo-Saxon era, there was no way for them to easily trade with foreign countries so foods such as potatoes, tomatoes, bananas, grapes, pineapples and cucumbers were unknown to them.

You can check where fruits and vegetables are grown by checking their label.

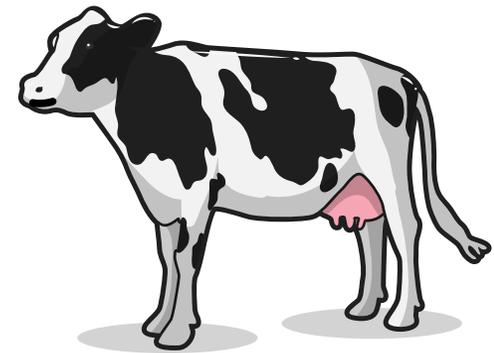
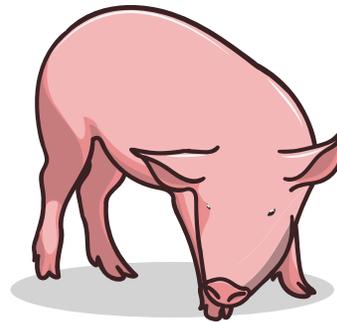
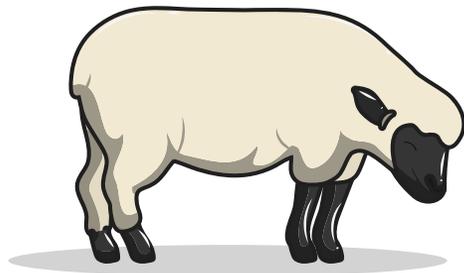


What did Anglo-Saxons eat?

Most Anglo-Saxons were vegetarians because they could not get meat very often. Wild animals such as deer and wild boar were common but they could only be hunted for food by the people who owned the land.

Animals were kept by farmers but not usually for food. Sheep were kept for their wool. Cows were used for their milk. Pigs were kept for food because they produce large litters of piglets that would grow up quickly and be ready for slaughter.

Anglo-Saxons often built their villages by rivers or the sea. This meant they had easy access to water for drinking and washing. It also meant that they could catch fish to eat.



Anglo-Saxon food and drink

Barley was grown and used to make weak beer.

Beer was often drunk instead of water because the water they collected from the river was dirty and polluted.

Wine was imported from the Mediterranean but only drunk by the very rich.



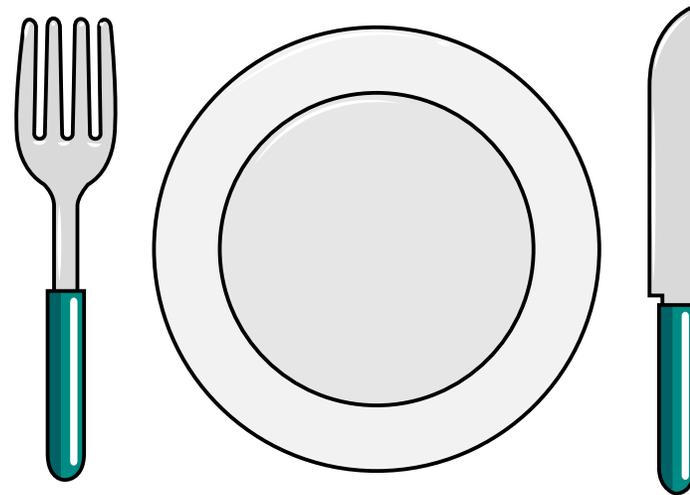
Independent Task

Think about the meals that people living in the Anglo-Saxon era might have eaten and draw it on the first plate.

Next think about your favourite meal.
Draw it on the 2nd plate.

How does it compare?

Draw a meal that an Anglo-Saxon person might have for their evening meal.



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Draw a meal that an Anglo-Saxon person might have for their evening meal.

