



This week we are going to think about what people ate during the Stone Age! Let's start by watching this fun BBC clip.

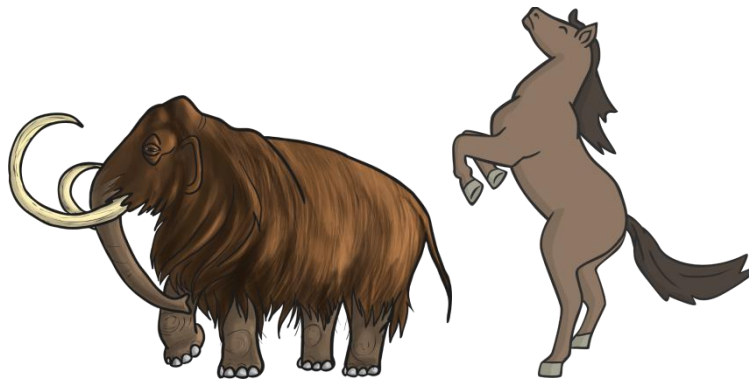


https://www.youtube.com/watch?v=cE6OeRZB_Wc

What people ate during the Stone Age changed overtime as they became less reliant on hunting and gathering and were better able to farm.

Palaeolithic (Old Stone Age)

Stone Age people were hunters and gatherers, tracking wild animals for their meat; catching fish and collecting nuts, fruits and insects from the forest. They used their weapons to kill their prey and would have worked in groups to bring down large animals. In Britain they would have hunted horses, deer, mammoth, hares, rhino and hyena.



Mesolithic (Middle Stone Age)

Hunter-gatherers would have started using a huge range of edible plant and animal species that are native to the British Isles. Their diets included meat from wild animals and birds, leaves, roots and fruit from plants, and fish/ shellfish. Diets would have varied according to what was available locally.

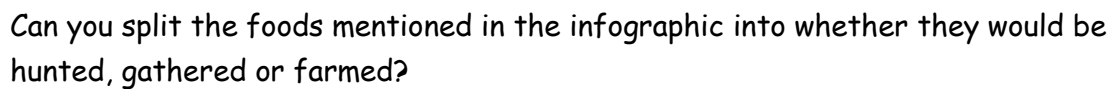


Neolithic (New Stone Age)

Domestic animals and plants were first brought to the British Isles from the Continent in about 4000 BC at the start of the Neolithic period. As well as keeping domesticated animals such as cattle, pigs and sheep, people were growing crops such as wheat and barley. Take a look at this interactive infographic found on the English Heritage's website to find out more! (<https://www.english-heritage.org.uk/visit/places/stonehenge/history-and-stories/history/food-and-feasting-at-stonehenge/>)



Take a look at the infographic below.

[illegible]

Challenge 2:

By the later part of the Stone Age people in Britain had begun farming and so were able to keep animals for meat and milk. They were also able to grow crops such as wheat (used to make flour, bread, pasta etc. today!). They continued to hunt and gather in addition to farm which meant they had a wide and varied diet.

Archeologists have done a lot of reaserch into what our Stone Age ancestors ate at Stonehenge. Evidence has been found showing that all the foods below were eaten there.

Match the label and description to the food.



Pork: The animal remains at Durrington Walls were mainly pig bones. This leads us to believe that pork was a very popular feasting food.



Honey: Honey from bees would have been available at the time of Stonehenge.



Nuts: Hazelnut shells are a common type of food waste found at Neolithic sites in Britain.



Leafy vegetables: Neolithic people would have searched around Stonehenge for leafy vegetables such as nettles, sorrel, burdock, wood garlic, celery, yarrow and mint.



Blackberries: Scientists have found evidence of blackberries growing in Britain during the Neolithic period and believe that these would have been gathered to eat.



Beef stew: Cattle (cow) bones were also found in the middens at Durrington Walls and other similar sites. The fats preserved inside the ancient pots suggest they may have been making stews.



Milk & cheese: At Durrington Walls, small pots with grooved decorations were probably used for preparing and storing cow's milk and soft cheese.



Apples: Crab apple seeds have been found at Durrington Walls, which suggests that people were collecting and eating apples.

Challenge 3:

Have a go at making one of these Stone Age recipes! Remember you must make sure you have an adult's permission and are supervised!

Paleolithic Biscuits

(Please note these contain nuts.)

MAKE PALEOLITHIC BISCUITS

Treat yourself to a yummy Stone Age snack!

This simple recipe combines natural ingredients prehistoric people would have been able to get their hands on – so no wheat flour – and no sugar! Grab a grown up to help and take them to munch on your next day out...

Ingredients

- 315 grams of almond flour
- 1 teaspoon of baking soda
- ¼ teaspoon sea salt
- 2 medium eggs
- 2 tablespoons honey
- 1 tablespoon of lemon juice

Instructions

1. Preheat oven to 160 degrees (140 degrees fan) or gas mark 3.
2. Mix the flour, salt and baking powder in a bowl. Make a well in centre and add the eggs, honey and juice. Stir everything until you have a dough.
3. Use a tablespoon to drop scoops of the dough around 1cm

thick onto a baking tray lined with baking paper.

4. Bake for about 20 minutes until lightly browned and cooked through.



Neolithic Oatcakes

(They didn't actually have sugar in the Stone Age so would have just used honey, however these come out a lot better if you use sugar!)

Stone Age Oatcakes

Ingredients:	Equipment:
❖ 175g butter ❖ 175g brown sugar ❖ 300g oats ❖ 2 tbsp honey	❖ Saucepan ❖ Wooden spoon ❖ Baking tray ❖ Parchment baking paper

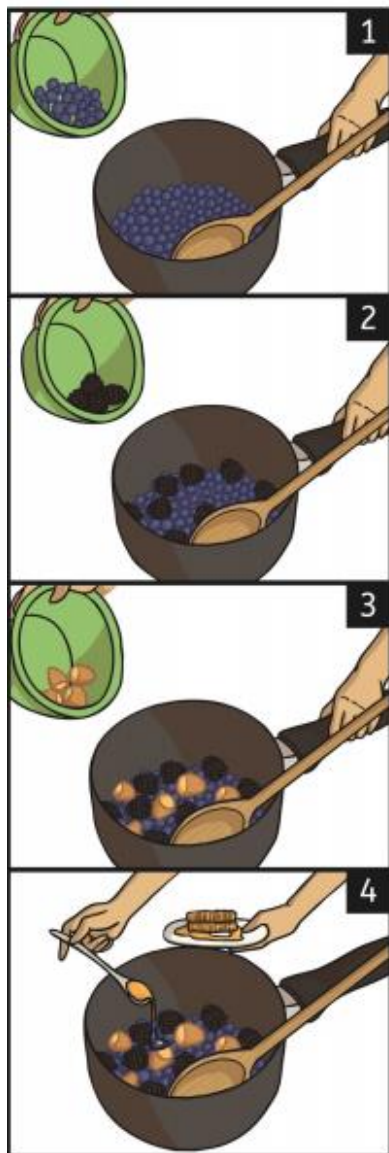
Instructions:

1. Pre-heat oven to 160°C (320°F).
2. Melt the butter, brown sugar and honey in a saucepan over a low to medium heat.
3. Remove from the heat & add the oats into the saucepan, mixing it all together.
4. Cover a medium sized baking tray with parchment baking paper and place mixture into the tray.
5. Press the mixture into the tray with the back of a spoon and bake in the oven for about 25 minutes.
6. After removing from the oven, leave to cool for 10 to 15 minutes before cutting into squares



Paleolithic stewed fruit

(For a modern twist try this with a scoop of ice-cream!)



You will need...

500g blueberries
500g blackberries
200g hazelnuts
6 tbsp honeycomb

a stove
a large pan
wooden spoon
a ladle
table spoon



1. Add the blueberries to the pan.
2. Add the blackberries to the blueberries. Using a wooden spoon mix them together - make sure you do this gently so you don't crush the fruit.
3. Add the hazelnuts and carefully mix it all together.
4. Add the honeycomb and transfer the pan to the stove (you might need to ask an adult for help with this). Bring the mixture gently to the boil.
5. Simmer the mixture very carefully for 20mins. Leave to cool then transfer to a serving bowl.



Neolithic Wild Fruit pudding

(A bilberry is a round, flat-topped, delicious tiny fruit that grows in the wild. The berries grow profusely on small, wiry shrubs, mainly on high ground in the north and west of the British Isles. You can use strawberries or blueberries instead!)

DO NOT PICK WILD BERRIES TO EAT UNLESS YOU ARE FULLY SUPERVISED BY AN ADULT WHO KNOWS WHAT YOU ARE PICKING!

(Please note these contain nuts.)



Ingredients

- freshly picked raspberries, about a handful
- collected bilberries, a handful
- some hazelnuts from those stored since autumn
- a little cream, skimmed from the top of the shallow dish, where the milk was left after milking the goats

Equipment

- Bowl
- Sharp knife
- Spoon

Making and cooking it

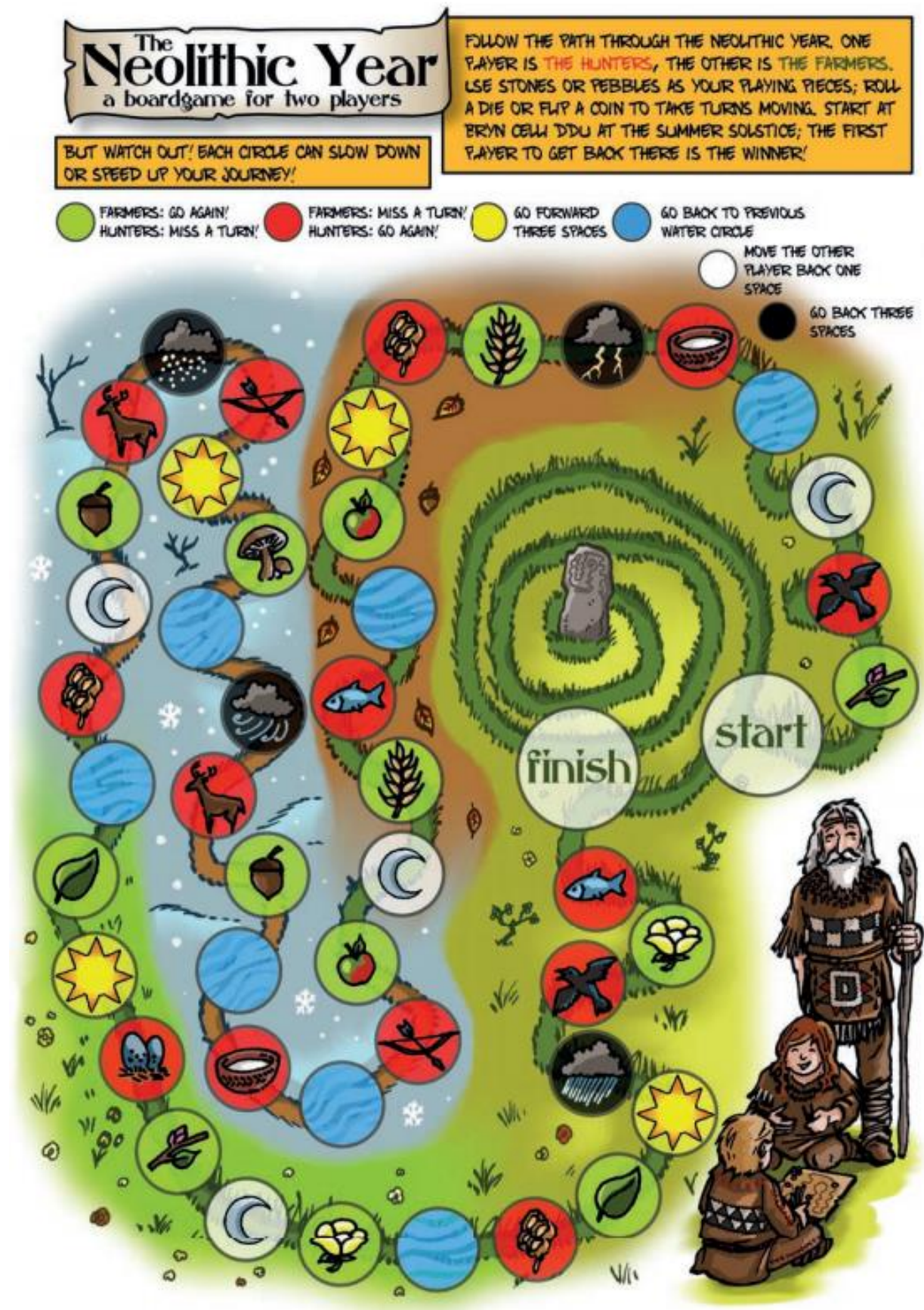


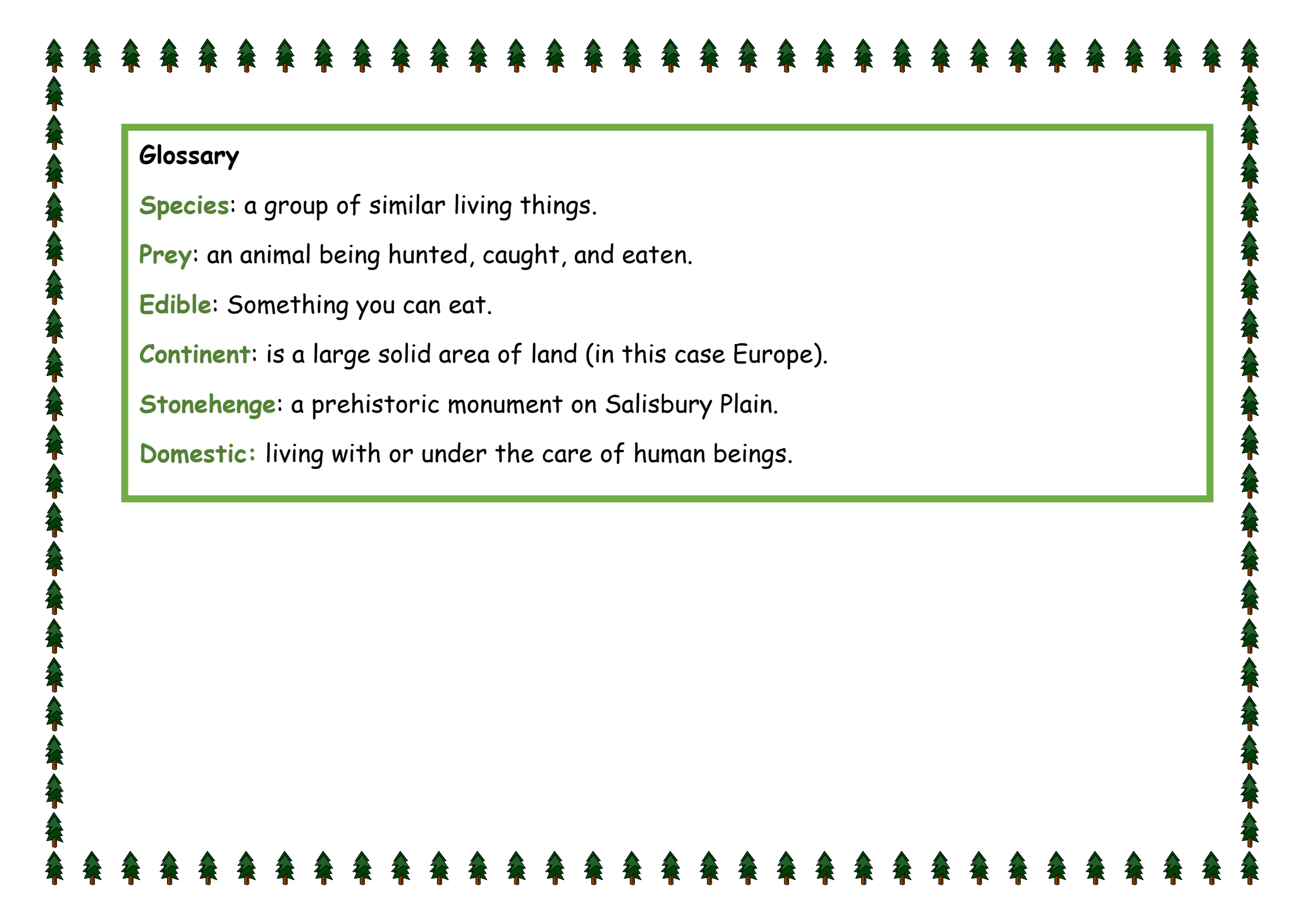
Always wash your hands before preparing food.

1. Take a wooden bowl and add the fruit
2. On a flat grinding rock, using a smooth pebble, crack open the hazelnuts
3. Lightly crush the hazelnuts on the flat rock
4. Spoon the cream over the fruit and then sprinkle on the hazelnuts
5. Eat soon after making

Bonus Challenge!

If you have time try playing this game with a member of your household.





Glossary

Species: a group of similar living things.

Prey: an animal being hunted, caught, and eaten.

Edible: Something you can eat.

Continent: is a large solid area of land (in this case Europe).

Stonehenge: a prehistoric monument on Salisbury Plain.

Domestic: living with or under the care of human beings.