

Challenge 1: Take a look at the infographic below.

What's for dinner?

Step inside a Stone Age man's kitchen to join him for tea. You'll never complain about being hungry again!

It's a lot easier for us to get food now than at any time in history. But when you find out how tough it was to get your dinner in the Stone Age you'll never worry about being hungry again.

8,000 years ago people were called **hunter gatherers** for a reason: if they wanted food they had to hunt and gather it. Here are some examples of what tasty treats you might have found on their dinner table...

Meat
If they wanted meat it meant sharpening a spear and going out to hunt a wild boar, deer or aurochs (giant wild cows). They weren't fussy either: all the guts and eyeballs ended up on the menu!

Nuts
Stone Age man needed a lot of nuts such as hazelnuts and acorns to get the protein and natural fat they needed. Wild grass seeds could be pounded to make a gruel or porridge.

Fruits and plants
The stuff that didn't run or swim needed to be gathered, including plants such as nettles and dandelion leaves. Fruits such as plums and wild berries would have been a tasty treat.

Eggs
Prehistoric hunters gatherers would have eaten whatever birds' eggs (or birds) they found. When they weren't raiding nests they also raided bee hives for honey.

On the farm
After the Stone Age hunters became farmers, lots of time was still spent gathering food, but at least they had more choice. They had bread made from wheat, as well as milk and cheese.

LOL!
What was the cave dweller's favourite dessert?
Rock cakes!

Fish
If they were near a river or the sea, they would have tried their best to catch a fish using elaborate fish traps, and hooks and nets. Shellfish such as crabs would also have been on the menu.

Can you split the foods mentioned in the infographic into whether they would be hunted, gathered or farmed?

Hunted	Gathered	Farmed

Challenge 2: Match the label and description to the food.



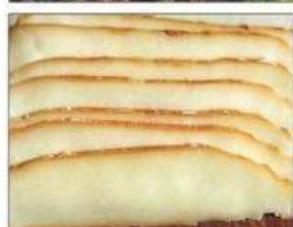
Nuts: Hazelnut shells are a common type of food waste found at Neolithic sites in Britain.



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



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



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.

