

Stone Age: Lesson 4

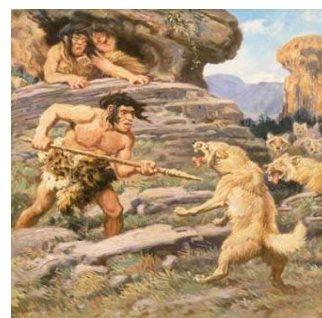
What did prehistoric humans eat? Find out by reading the facts below:

<https://planbee.com/blogs/news/stone-age-facts-for-children-and-teachers>



Stone Age people were hunter-gatherers.

This means that they only ate what they could catch or forage (find in the countryside growing wild nearby). Their diet consisted mainly of meat and fish that they would have hunted using nets, bows and arrows or flint-tipped spears.



Bone remains show Stone Age people may have roasted or boiled voles (a large version of mice). They were also able to collect birds' eggs, which they might have eaten raw!

They would also have eaten fruits, berries, nuts and seeds. Early Stone Age humans would not have eaten any dairy products, such as milk or cheese, because they didn't know how to raise animals for meat or milk.



They also wouldn't have eaten grains like wheat or oats because they didn't yet know how to farm and grow crops. During the Palaeolithic and Mesolithic periods (Old Stone Age and Middle Stone Age) finding food was a constant daily challenge, and must have been a worry in winter.



However, by the Neolithic (or New Stone Age) period people had started farming, and were beginning to keep animals for food, and also grow crops.

Your challenge now!

1. **Create a menu and of what you plan your family to eat** for two Stone Age meals - breakfast and the main meal of the day.
Would you have a starter, main course, then pudding?
What foods would you choose?
2. **Now make a drawing of your main meal.**
Ahh, no chicken nuggets, no chips, no burgers, no ice cream - what tasty Stone Age meal can you plan instead?
3. **Then draw and colour your picture, labelling each food** so I can work out what delicious meal you are planning.

(Remember they would not have had plates, nor knives or forks and spoons. I wonder what they used instead?)

I can't wait to see your ideas! Have fun.

Mrs Corner