

Important Vocabulary

Before

at an earlier time; in the past

After

later in time

In the past

gone by in time

Now

at this time

Last year

a year ago.

This year

From January

A long time ago

far in the past

Different

not the same

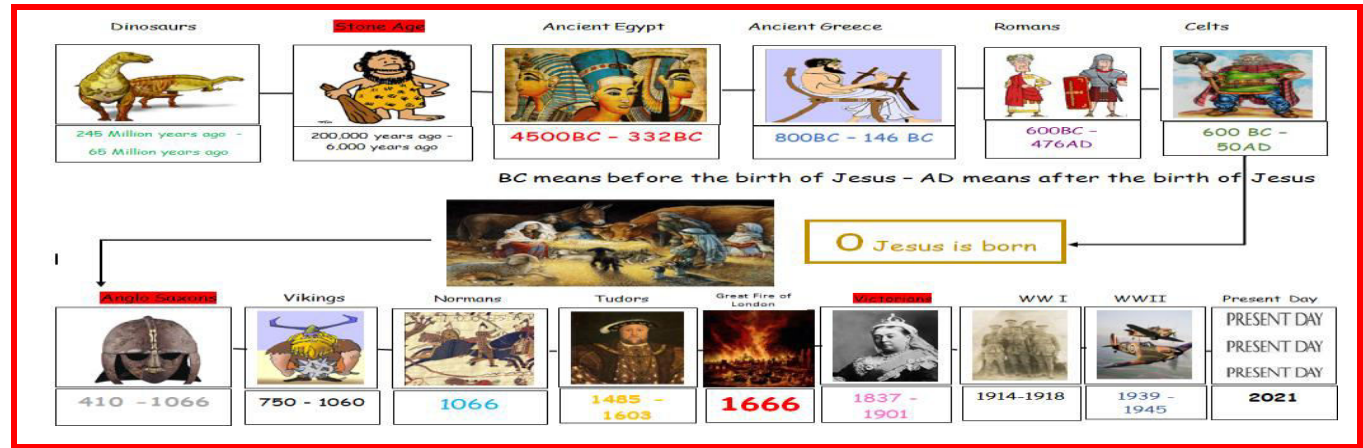
Changed

to become different

Similar

having a likeness

Food of all Nations Year One History Knowledge Mat



Sources Explored



Stone Age Food

Stone Age people would hunt for their food and gather food they found growing around them.

- animals
- fish
- fruit
- berries
- nuts
- plants

They would cook the meat and fish over a fire and eat with their fingers.

Anglo-Saxon Food

The Anglo-Saxons loved eating and drinking and would often have feasts in the Hall. The food was cooked over the fire in the middle of the house; meat was roasted and eaten with bread. They drank ale and mead - a kind of beer made sweet with honey - from great goblets and drinking horns.

After the feast a minstrel would play a harp and sing songs of battles and heroes. Anglo-Saxons ate what they grew. Most Anglo-Saxons were vegetarians because they could not get meat very often. Pigs were important for food. Cows were used for their milk. The Anglo-Saxons ate fish which they caught in the rivers and the seas.

Victorian Food

People bought things which were growing in that season.

When railways were built they got new and fresh foods. The invention of the steam boat meant that people could get food from other countries.

There were no supermarkets so people bought food from small shops.

There were no fridges or freezers so people couldn't keep food for long as it would go off.