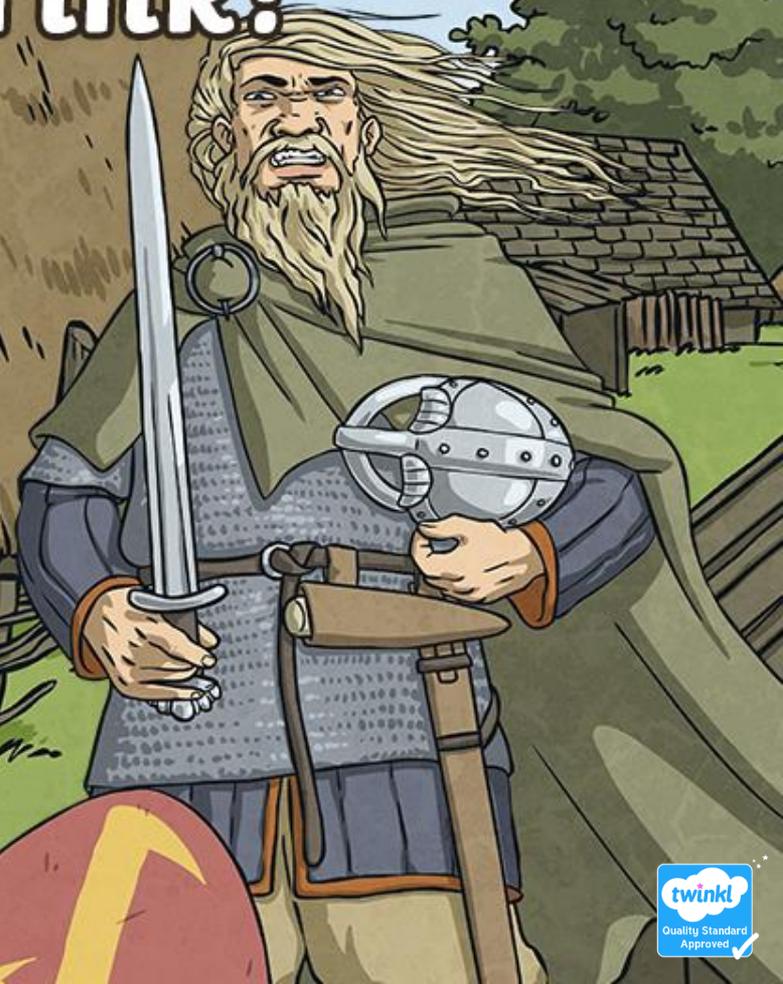


What Did the Vikings Eat and Drink?



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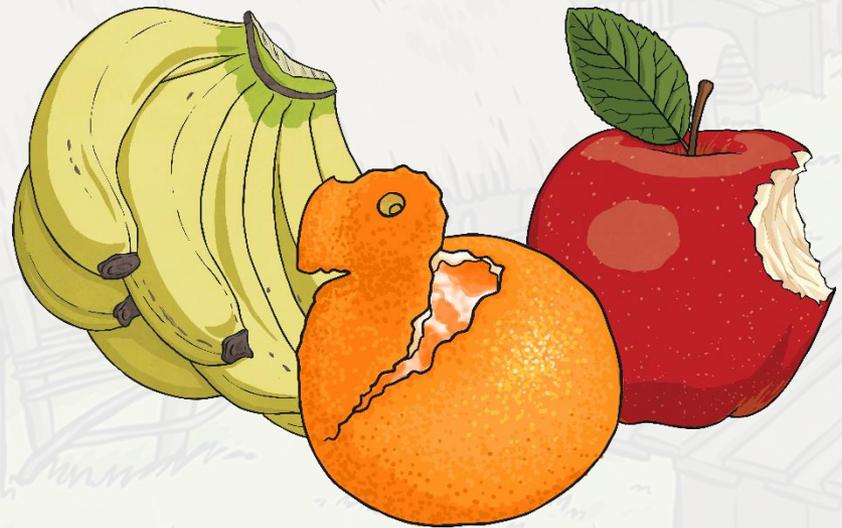
Where Do We Get Our Food From?

Today, our diets aren't limited by where we live. We **import** food from all over the world.

Bananas are imported from the Caribbean and South America. Lots of oranges come from Spain and apples are often imported from France.

Many other foods come from places all over the world.

Import – When food and other goods are bought in from another country, usually by ship.



What Do You Think?

Importing food is a modern habit. In the past, people's diets consisted of whatever food and drink was available where they lived.

What do you think the Vikings ate and drank?



What Did the Vikings Eat?

With no shops or supermarkets, the Vikings grew, hunted or caught everything they ate.

In Britain, vegetables that could be grown included leeks, turnips and carrots. They would have gathered wild plums or crab apples.

The Vikings kept animals such as chickens, sheep and pigs. Meat, eggs, milk and cheese were produced by these animals. The Vikings also ate fish, such as herring and cod, and cured meat like bacon.

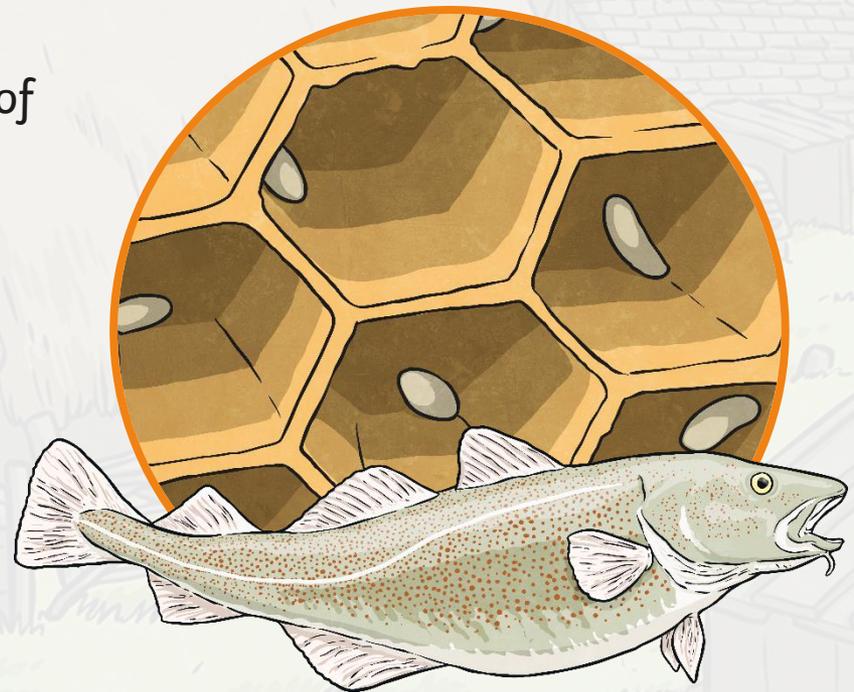


What Else Did the Vikings Eat?

Vikings who lived near rivers or the sea would have caught fish to eat as they were often skilled fishermen.

Honey was collected from bees to use in food and drink. Porridge and bread were made using grains.

Stews were popular dishes because of the ingredients that were available.



How Did the Vikings Keep Their Food?

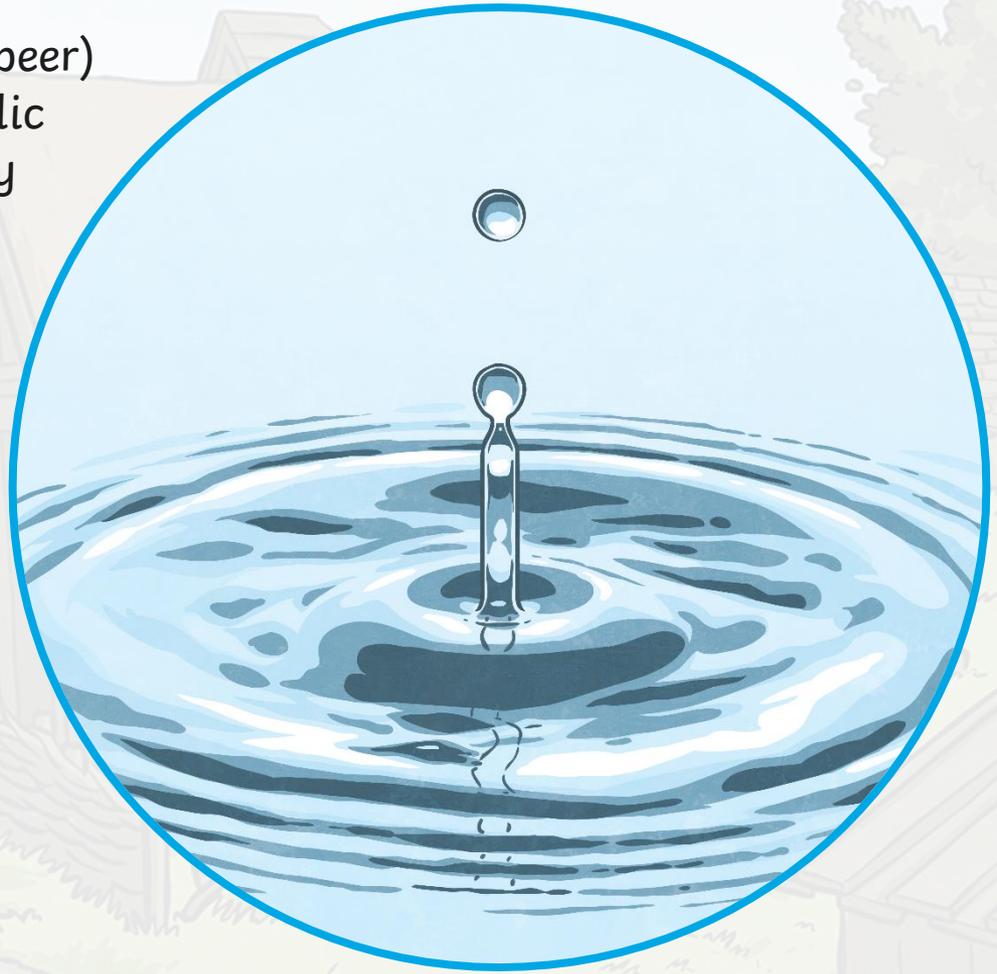
In the days before fridges and freezers, storing food wasn't a simple matter.

Meat and fish could be kept for longer by smoking or salting them. Smoking was when meat or fish was hung above a fire. The smoke from the fire drew the moisture out from the meat, which made it last longer. Salt rubbed into food acted as a preservative, which meant it was edible for longer.



What Did the Vikings Drink?

The Vikings drank weak ale (beer) and mead. Mead is an alcoholic drink made using honey. They also drank fresh water.



What Did the Vikings Use to Eat and Drink?

Viking plates and bowls were usually made from wood. They ate using a sharp knife, which acted as both a knife and fork. Spoons were made out of wood with decorated handles.

The Vikings drank using hollowed-out animal horns, some of which had metal rims added to them.



How Do We Know What the Vikings Ate and Drank?

Archaeologists have investigated the remains of Viking settlements. Some Vikings were buried with their possessions, which give us clues about cutlery and crockery. By **excavating** Viking rubbish tips, the remains of Viking diets can be discovered. Archaeologists then piece all these clues together.

Archaeologists – People who study the past.

Excavating – Digging on an historical site to discover things about the past.





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