

## Egyptian food

Here are some foods that the Egyptians ate.

1. Which of these foods do you eat today? Put a tick next to them in black ink.

<input type="checkbox"/> bread	<input type="checkbox"/> chick	<input type="checkbox"/> peas	<input type="checkbox"/> beans	<input type="checkbox"/> lentils
<input type="checkbox"/> peas	<input type="checkbox"/> leeks	<input type="checkbox"/> lettuce	<input type="checkbox"/> onion	<input type="checkbox"/> cabbage
<input type="checkbox"/> radish	<input type="checkbox"/> dates	<input type="checkbox"/> figs	<input type="checkbox"/> raisins	<input type="checkbox"/> pomegranites
<input type="checkbox"/> plums	<input type="checkbox"/> olives	<input type="checkbox"/> walnuts	<input type="checkbox"/> melons	<input type="checkbox"/> cucumbers
<input type="checkbox"/> garlic	<input type="checkbox"/> cakes with dates in them	<input type="checkbox"/> grapes	<input type="checkbox"/> milk	
<input type="checkbox"/> eggs	<input type="checkbox"/> fish	<input type="checkbox"/> cheese	<input type="checkbox"/> duck	<input type="checkbox"/> goose
<input type="checkbox"/> crane	<input type="checkbox"/> quail	<input type="checkbox"/> beef	<input type="checkbox"/> antelope	<input type="checkbox"/> lamb
<input type="checkbox"/> ibex	<input type="checkbox"/> deer (venison)	<input type="checkbox"/> gazelle		

2. Imagine that you were an Egyptian. Which of the other foods would you not mind eating? Put a tick next to them in blue ink.

3. Compare your answers to question 2 with the answers of others in your class. How are they similar and different?

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4. Write a list of the fruit that you eat that are not shown above.

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5. Write a list of the vegetables that you eat that are not shown above.

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 .....

6. If you were to make a meal using foods only the Egyptians had what would you put in it?

 .....

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## Age range

- Years 3/4 (SP4/5).
- Years 5/6 (SP6/7).

## Resources

Copies of the worksheet.

## Using the worksheet

This activity, like the one before it, helps to set the scene for an Egyptian day. Issue the sheet and let the students work through it. You may like to point out that the fish were mostly fish from the river Nile which are different from the sea and river fish in northern Europe but those students who eat fish could put a tick in the box. You may also like to point out that the Egyptians did not eat pork or ham as they were associated with the evil god Seth and that chickens were not brought to Egypt until almost the end of ancient Egyptian times. Turkey was also absent and so were citrus fruits, peppers, sweet corn, tomatoes and potatoes as they came from other parts of the world that were not accessible to the ancient Egyptians.

When the students are selecting foods for a meal, you can tell them that the Egyptians ate bread which had sesame seeds in it or raisins in it (like tea cakes today) and had cakes with figs in them like fig rolls. If the students wanted to select fish for the meal to bring in they could bring in tuna. Many students may not wish to eat duck but if you remind them that the Egyptians ate a great many different kinds of birds they can pretend that chicken is crane and bring it in for their meal.

## Younger students

Some students may need help with the spellings of various foods they wish to mention in the answers.

## Outcomes

The students:

- Know about the variety of food eaten by the ancient Egyptians.
- Can plan a meal that an Egyptian might have eaten.

## Older students

The students can work on their own, except for question 3.

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