



Name:..... Form:.....

Based on **pages 16 and 17** of *The ancient Greeks*

# A Greek lunch

This lunch can be made at home using ingredients that were around in the time of the ancient Greeks.

Here are two courses you have made in small bowls with tightly sealing lids. You can then bring them into school and have them for lunch (especially if you are having an ancient Greek day).

They are very nourishing and healthy.

1. The first course is based on Feta cheese.

Feta is an ancient cheese made from goat's or sheep's milk and largely made by farmers whose herds roam the mountains. It is cured in barrels of salt water.

You need a slice of feta cheese. Put it in a small bowl and cover with extra virgin (Greek) olive oil. Add a sprinkle of oregano. A few stuffed olives can also be added to this dish.

The ancient Greeks had grapes and olives, melons and honey, peaches and pears. They also had nuts, such as almonds.

2. The second course is based on Mediterranean fruits and nuts or fish.

Either:

In a bowl put some chopped melon, some grapes, and chopped up pieces of peaches and pears. Sprinkle on some finely chopped almonds.

The ancient Greeks would have used honey and wine, but instead, use the syrup from a can of fruit.

It is best when cooled in a refrigerator, but it will be fine eaten in a classroom.

Or:

If you wish, you can have a course made from fish. You will need some anchovies or sardines. These can be eaten with a salad that has grapes and stuffed olives in it, and the salad liberally covered with olive oil.

# A Greek lunch

## Using the worksheet

Greeks connected food with religion. Meat was a particular problem because domesticated animals were used as sacrifices to the gods. So at least a portion of anything they ate had to be a sacrifice. Wild meat was different, so game could be eaten readily, but was, of course, less readily available.

Greeks did not think of all vegetables as being equally fit for eating either. The climate makes it possible to grow a wide variety of beans and peas, but some ancient Greeks would not eat beans for religious reasons. This could have led to an unbalanced diet. Again, as food was connected to the gods, it became mixed up in rituals.

The main foods were wheat (for those who could get it, for much of it had to be imported), barley or millet. For cooking and baking, olive oil was used to help the vegetables slide down. Weak wine was used by everyone as the alcohol killed germs. Water was not particularly safe to drink. Most Greek cities were close to the sea and they had a large amount of fish (anchovies, sardines etc) in their diets.

Greeks were interested in combining sweet and sour flavours in very interesting seasonings. Fish was eaten a lot as well as oysters, mussels, lobsters, poultry, pig, lamb, birds, ducks, cheese, olives, onions, lentils, peas and beans. Coriander, cumin, oregano, dill, parsley, mint, pinecone and poppy seeds, fennel and aniseed are among the most famous herbs.

The wealthy men gathered in the late afternoon to talk and eat into the night. It was called a symposium. So you might care to get children to imagine they are eating towards the end of the day, relaxing and chatting about politics and other affairs about which they could all discuss. Note that women were not allowed in a symposium, but you can ignore that rule for classroom purposes.