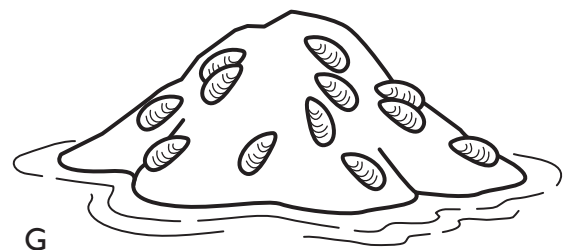
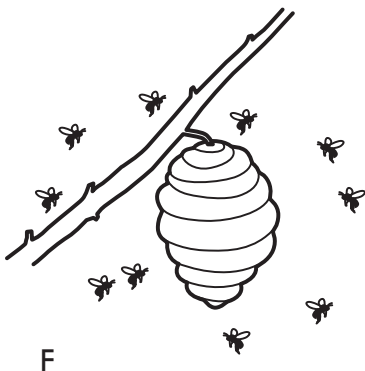
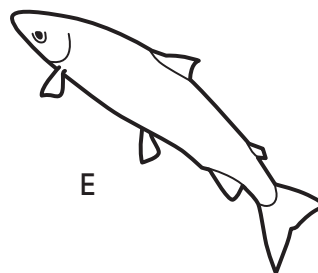
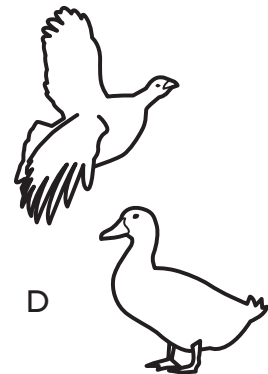
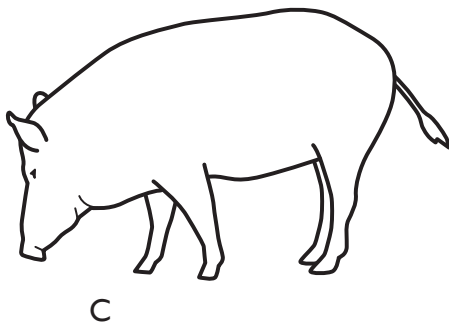
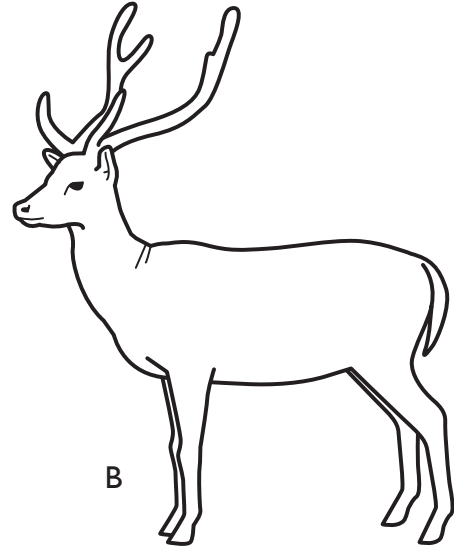
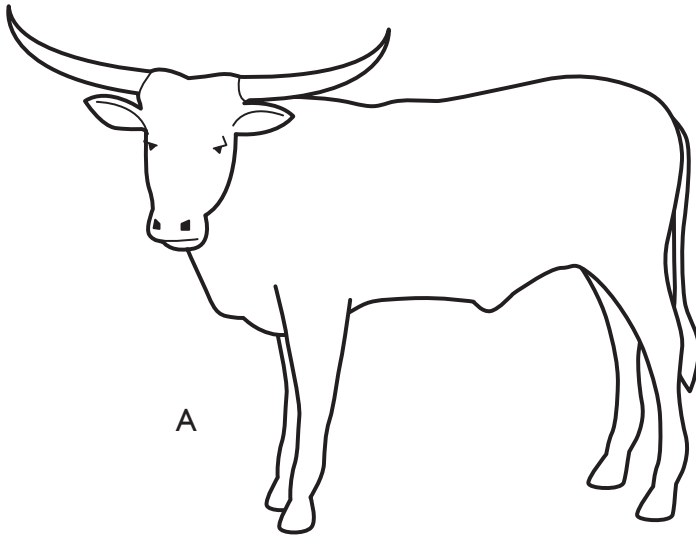


# The food of hunter gatherers



# The food of hunter gatherers

## Objectives

- To learn about the range of food eaten by Stone Age people.

## Cross-curricular links

### History

- 1a** Place people into correct period of time.  
**2a** Characteristic feature of period studied.

### Science

- Sc1**  
**2f** Make systematic observations (on plants).  
**2i** Make comparisons (on plants).  
**Sc2**  
**2b** The need for food for activity and growth and the importance of an adequate and varied diet for health.

### English

- En1**  
**3a-e** Talk effectively as member of a group.

## Resources

Each child or group will need a copy of worksheet **1** (page 30).

You will need a selection of herbs – sage, parsley, chives, basil, thyme from a supermarket or greengrocer.

Bag of frozen summer fruits (thawed out), slices of beef, ham, venison, chicken, smoked fish, shellfish, different kinds of mushrooms, jar of honey.

You may like to link this to worksheet **4** 'Stones for querns'.

## Starter

Make a list on the board of all the types of food people eat.

Now issue the worksheet and ask the children to look at the picture and identify the different sources of food. A = Auroch, B = Deer, C = Wild Boar, D = Woodpigeon, E = Salmon, F = Honey, G = Mussels.

## Main activities

- Tell the children that the hunting was probably done by adults who had experience of catching and killing animals but in time as they grew up all children (probably particularly boys) would be expected to hunt. Ask the children how they may feel about killing the animals (note how many opt to collect honey). If some people are prepared for killing the food ask who would be prepared to cut it up (this would probably be part of the women's tasks anyway so nobody would probably get away with not joining in the processing of meat).
- Show the children the collection of herbs. Let them examine them and compare their leaves and stems. If it is hygienically possible they could taste them too.
- Ask the children to write down their observations about the herbs so that someone reading them could distinguish them.
- Tell the children that women in the group were probably skilled in plant recognition like this but would know many kinds of plants and fungi. Their knowledge was vital as some plants and fungi are deadly poisonous.

## Plenary

Ask some of the children to read out their descriptions of the plants and assess their accuracy with the class by showing them the plants again. Display the collection of food and ask the children to assess it for health. Point out it is rich in proteins for body building and some of the meat would contain a lot of fat rich in energy while the plant food provides vitamins and minerals. Point out that it is low in energy-giving carbohydrates but tell the children about the quern and grinding corn. Compare the food eaten by Stone Age people with the list of food eaten today that is written on the board.

## Outcomes

The children can:

- Use their imagination to hunt animals for food.
- Use sight, smell and taste to distinguish between plants.
- Assess the Stone Age diet for health.
- Compare a Stone Age diet with a modern one.