

Viking food

Here are some of the foods that Vikings ate.

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

cod ☐ herring ☐ haddock ☐ eels ☐ trout ☐ salmon ☐
 pike ☐ ham ☐ beef ☐ lamb ☐ venison ☐ goat meat ☐
 wildboar meat ☐ horse meat ☐ bear meat ☐ seal meat ☐
 whale meat ☐ walrus meat ☐ reindeer meat ☐ chicken ☐
 duck ☐ goose ☐ grouse ☐ golden plover ☐ sea gulls ☐
 hens eggs ☐ sea gull eggs ☐ peas ☐ cabbage ☐ carrots ☐
 celery ☐ blackberries ☐ raspberries ☐ apples ☐ plums ☐
 cherries ☐ oat cakes ☐ porridge of oats ☐ barley bread ☐
 wheat bread ☐ rye bread ☐ milk ☐ honey ☐ cheese ☐

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

3. Write a list of the foods that you definitely would not eat.



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4. Compare your list with the lists of others in your class. How are they similar and different?

5. Select foods that you would use to make breakfast if you were a Viking.



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6. Select foods that you would have as an evening meal if you were a Viking.



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Age range

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

Resources

Copies of the worksheet.

Using the worksheet

Although the worksheet lists a large number of foods there were times when crops failed and animals could not be found to hunt. At these times the Vikings starved or ate seaweed, lichen and tree bark to stay alive. When food was plentiful they had two meals a day. Breakfast was called *davre* and the evening meal was called *nadver*. You may tell the students this information for setting the scene for looking at food.

Younger students

The younger students may work through the worksheet on their own and then compare the food they dislike. If you have been doing work on healthy eating you might like to remind the students of this before they try steps 5 and 6. The students should try and produce a meal which supplies protein, energy and vitamins and minerals. You could ask the students if they thought the Vikings ate a lot of meat and ask them why. Vikings had only small amounts of land to grow crops while the forests, rivers and seas provided them with many places to hunt.

Outcomes

The students:

- Know that Vikings ate a wide range of foods.
- Can select Viking foods to make meals.

Older students

The older students may work through the worksheet on their own and then compare the food they dislike. You may like to raise issues of eating unfamiliar foods if you were desperate due to starvation. You may link this aspect of diet with Vikings looking for other lands to live in. The students may then go on to steps 5 and 6. Review their answers to these steps with the whole class and assess the meals for their healthiness.

Outcomes

The students:

- Know that Vikings ate a wide range of foods.
- Can assess the healthiness of meals based on foods available to Vikings.
- Can understand why Vikings ate some foods that might not be acceptable to us today.