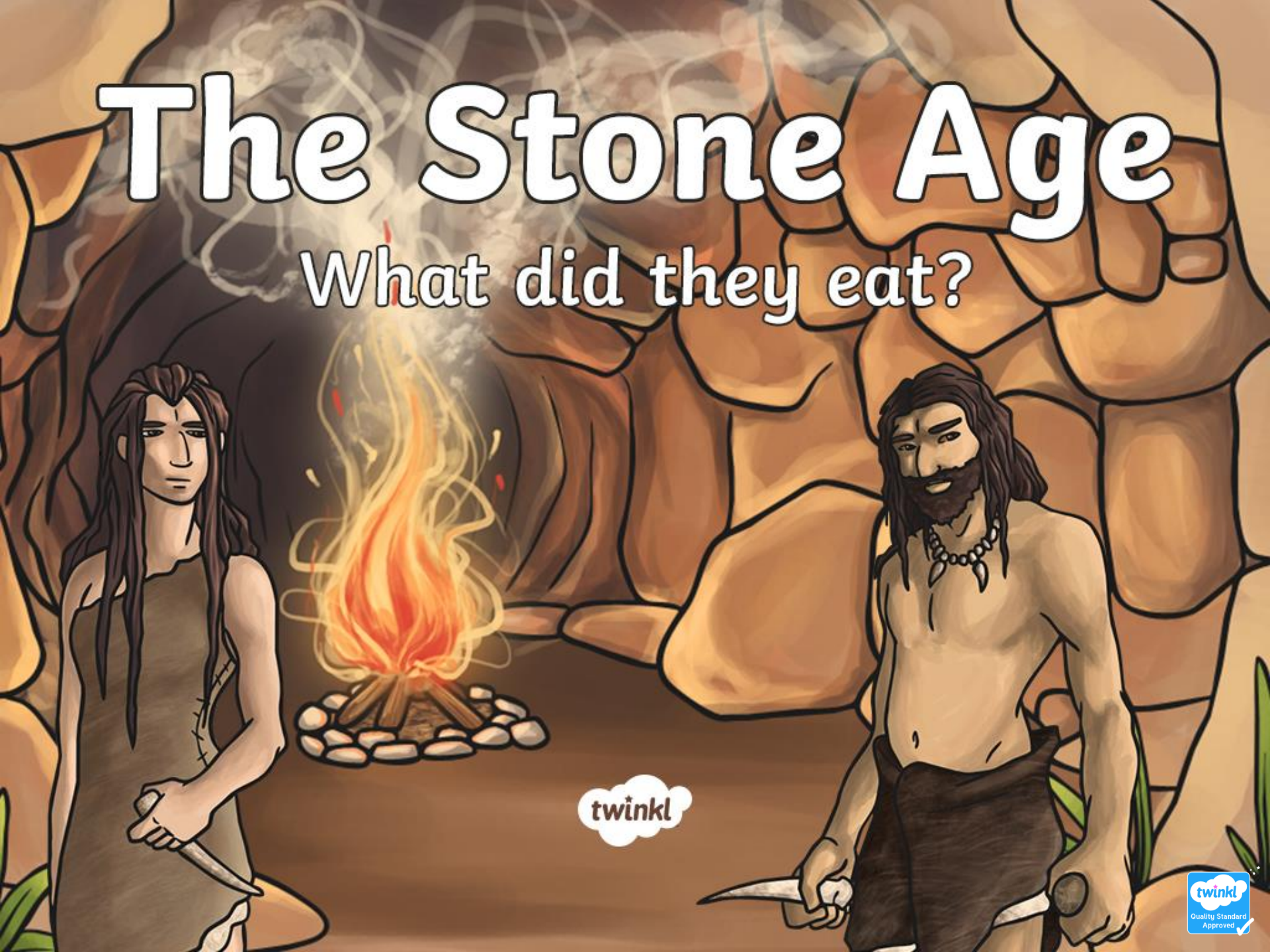


The Stone Age

What did they eat?



Learning Objective

to find out about the Stone Age Diet

Hunter-gatherers

For early humans, their survival depended on finding food.

We call them hunter-gatherers because they had to hunt animals and fish and gather wild food.

It wasn't until the Neolithic period that they grew and raised their own food.

They would hunt whatever animals they could find.

In Britain during the Stone Age this could have been horses, deer, mammoth, hares, rhino and hyena.

Also, from rivers and the sea they would hunt seals, seabirds and fish.



Weapons

The hunters used different weapons to kill their food.

These could be made from bone, ivory, wood, antlers, stone or flint.

The first early humans used stone axes, rocks and wooden spears that were hardened at the tips with fire.

Later, spears were developed that had sharp bone or flint tips.

Spear throwers meant that spears could be thrown further and with more force, making it possible to kill or wound an animal from a safer distance.



The Hunt

To catch animals that were larger and quicker than them, hunters had to be clever.

They found out where the animals went to drink, or where they crossed rivers, so they could attack when they were most vulnerable. They would pick out the animals that looked weaker.



Gathering

- The Stone Age diet would have varied according to what was locally available.
- They had access to a wide variety of natural foods like seeds, berries, nuts and roots and knew which plants were safe to eat.
- They would gather eggs as well as insects, snails and caterpillars.
- Herbs were used to flavour food as they are today.

Sunflower seeds



Nettle leaves



Hazelnuts



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Gathering



Juniper Berries



Mussels

The Woods

Wild nuts and berries were available in great quantities in the woods. Nuts were particularly good because they could be easily stored.

The Seashore

Mussels, cockles, whelks, crabs, oysters, lobsters and other seafood provided a source of food all year round.

Gathering

Around 4000 BC people in Britain started growing their own crops such as barley and wheat.

This was possible because the climate had changed and there was more rain. They also kept sheep and goats.

It was the first time they had controlled their food sources and it meant that they could stay in one place and form settlements.

Tools

Early cave paintings show animals being used to pull ploughs to turn over the earth ready for planting.

Axes and sickles were made from flint to clear ground and harvest crops.

Grain was put on the flat surface of the quern and a stone called a 'rubber' was used to grind the grain into flour.





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