

LESSON 3: What did Stone Age people eat?

Quick Quiz



1. Prehistory is

- a) Anything that happened over 100 years ago
- b) A time in history that we are uncertain of
- c) The time in history before written records began.

2. What do archaeologists do?

3. Artefacts are important because they tell us



4. Scrapers were tools that came in lots of different shapes and sizes. Can you remember one way in which they were used?

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Glossary	
Settlers	people who move together to live permanently in a new country or area
Nomads	people who travel from place to place and have no fixed home
Hunter gatherers	people who hunt for their food
Implement	a tool or utensil that is used for a particular purpose
Herds	a large group of animals that live and travel together
Climate	the normal weather in a place

Hunter gatherers

During the Stone Age, humans' main aim was to feed themselves and keep themselves safe wherever they were sleeping that night. They roamed the land daily, following the animal herds and looking for plants they could eat. Once they had collected enough food, they would settle in a camp site for a few weeks or months.

These nomads (or wanderers) were known as hunter gatherers because they would catch and eat food every day in order to survive.

What animals were hunted?

Once the Ice Age had ended, the climate in Britain was very similar to the climate that we have today. This means that there were similar plants and animals to those we have today.

Forests were full of foxes and red squirrels. They were often hunted for their fur, particularly their tails, which could keep settlers warm during the winter months.

Wolves and bears roamed the hills. They were extremely difficult to catch and settlers would often have to get their meat from smaller prey. Some settlers even ate the guts of animals which had already been hunted!



Did you know?

Salmon was popular in the Stone Age. Hunters used spears, nets and harpoons to catch the fish from rivers and lakes.

Stone Age Hunters used spears, arrows, axes and nets, but which would be best to hunt which animal?

Draw the weapon you think Stone Age hunters would use for:



As well as hunting for food, Stone Age people gathered food from the land such as wild berries, edible plants and nuts. Birds' eggs were taken directly from nests and could be eaten raw.

**The gathering or
'foraging'**



You're the Stone Age chef! Imagine that your team of Hunter Gatherers has brought back a selection of meats, berries, eggs, nuts and edible plants.

Your challenge is to design a delicious meal made out of only Stone Age ingredients!

