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Poor Saxons ate chicken, bacon and pork sausages, but red meat (farmed and hunted) was only for the rich. People would have eaten fruit and vegetables in season, and meat when it was available and affordable. Only the very wealthy would have drunk wine. Only water from springs was safe to drink. Some people drank milk (from cows and sheep). Barley was the staple of both the British and Saxon diet, but it was later replaced by wheat. Food could be wrapped in leaves and clay and baked in the embers of fires and this would have been the most common way to prepare food along with boiling.Questions To Think AboutWere Anglo-Saxon diets more or less healthy than ours today?How different would rich and poor diets have been? They likely made cider from the crab apples and this would have been sweetened with honey. What Did Poor Anglo-Saxons Eat?Most meals would have been a soup or stew cooked in a cauldron over an open fire in the house.Rich people ate more meat than poor people. WHATSAPP1,000's of inspirational ideas direct to your inbox for things to do with your kids.By joining Kidadl you agree to Kidadl's Terms of Use and Privacy Policy and consent to receiving marketing communications from Kidadl. Fish was wrapped in leaves and cooked between stones.Anglo-Saxon cooking featured frying in pans or griddles, baking in clay ovens, grilling on a spiral or hanging griddles and barbecuing. The British liked cider. They would have eaten crab apples, plums and cherries. Marine fish and other sea-food included cod, crab, flounders, herring, lobster, oysters, plaice, salmon, sprats, and sturgeon. Anglo Saxons' food was rich in nutrients, with lots of vegetables and grains. The rich would also have drunk mead. Pork also seems to have been very popular amongst the British. These were the real "cakes" that King Alfred burnt. Protein came mostly from eggs (chicken, duck & goose), butter, cheese and fish. Honey would have been used to sweeten dishes as there was no sugar. Both were made into bread and beer. They did wash it all down with beer, however, so may have exceeded modern daily alcohol unit recommendations. What Food Did The Anglo-Saxons Eat?These Anglo Saxon food facts are sure to inspire imagination.Anglo-Saxons were mostly vegetarian.Pigs were reared for meat alone, whereas other animals served other purposes and were only killed when old or ill.Anglo-Saxons ate small, round loaves of wholemeal bread baked on hearthstones. The Saxons also imported dried fish from Norway. The oats would have been used to feed animals and to make porridge.Anglo-Saxons ate a lot of fruit. Herbs were mostly used in medicine, but pepper, coriander and ginger were not unknown in expensive cooking. Salt was extracted from salt mines in Worcestershire.Foods such as potatoes, tomatoes, bananas and pineapples were unknown to the Saxons. Onions, garlic, a kale-like cabbage, beetroot, turnips, peas, beans and carrots were also popular. Flour was ground by hand in rotary querns (two big spinning stones). The Saxons also made pottage or 'briw' (barley or wheat boiled up with peas, beans or vegetables). Bread was wholemeal and baked on hearth stones (not in ovens). Salt came from the salt mines in Worcestershire. Most Anglo-Saxons were largely vegetarian. They used the wheat to make bread and used the barley for making beer. People ate with knives and the rich drank from drinking horns or glass 'claw beakers'. Published on Jun 26, 2021Updated on Jan 21, 2022Hello, KS2 historians! So, what did the Anglo-Saxons eat? Nets, fishing rods and fish weirs (wickerwork funnel traps) were used to catch fish. The main vegetable that Saxons ate was the leek, but they also liked onions, garlic, cabbages (which were more like curly kale in those days), turnips, beetroot, parsnips, white carrots, peas and beans. Meat was generally used sparingly to give flavour. Wild animals like boar and deer were inaccessible to poor Anglo-Saxons as they could only be hunted by the people who owned the land they were on.Sheep and goats would have provided milk to make cheese and butter.A staple of Saxon diets was pottage or 'briw' which was a barley or wheat stew with vegetables.Most people drank weak beer instead of water due to water pollution. They were mostly used as flavourings. Bread was a staple of every meal.The typical diet would have been quite healthy overall, with a lot of fresh produce, little meat and no sugar. Most people (including children) drank beer. Later water mills were built. Saxon loaves were small and round. Only water from springs would have been safe to drink, so even children habitually drank beer over water.How Did The Anglo-Saxons Cook Their Food?The Anglo-Saxons would have cooked on an open fire in the centre of their living area, which would usually have been a single room. In good weather Saxons would have cooked outdoors on open fires, lessening the risk of their wooden houses setting alight and decreasing smoke inhalation.Anglo-Saxons would have dried and stored a lot of food to eat in winter. Freshwater fish included burbot, eels, lampreys, pike and trout. Step into our time machine and fly back through the mists of time into the Anglo-Saxon kitchen.The Anglo-Saxon diet was simple but nutritious. Rich Saxon thanes, British lords and their friends also drank wine and mead (alcoholic honey drink). They also salted meat and fish which was later eaten in colder months when fresh meat was unavailable.We don't know whether Saxons cultivated root crops such as onions and carrots, or whether they went out to gather them in the wild.Anglo-Saxons used clay ovens to bake their bread and used large iron skillets or griddles over open fires to make pancakes and other small cakes.Meat was roasted on a spit or could be boiled in vats with vegetables to make stews. British loaves were round and flat. Fruit, of course, was always popular: apples, pears, plums, cherries, blackberries, raspberries, strawberries and grapes. They also spit-roasted and skewered meat into kebabs. The British probably maintained a wine trade with Europe for some years after the Roman army left. They wouldn't have had Mediterranean citrus fruits such as oranges or lemons either, as these had yet to be imported.Saxons grew wheat, rye, oats and barley. Carrots would have been reddish-purple and small.Saxon food included a variety of fresh fish and preserved it by smoking, salting, drying and pickling.Herbs were mainly used to make medicines although pepper, ginger, cloves, cinnamon and mace were sometimes used in wealthy kitchens. There was no sugar, so honey was used as a sweetener. Bread would have accompanied almost every meal.Leeks were the most popular vegetable used by the Saxons. They liked beef and mutton too, but there does not seem to have been much British hunting.

The Anglo-Saxons were a cultural group who inhabited England in the Early Middle Ages.They traced their origins to settlers who came to Britain from mainland Europe in the 5th century. However, the ethnogenesis of the Anglo-Saxons happened within Britain, and the identity was not merely imported. Anglo-Saxon identity arose from interaction between incoming groups from ... Undergraduate Admissions. The BA in Anglo-Saxon Norse and Celtic at Cambridge is unique (both in Britain and Ireland and indeed in the world!) in offering a degree in which students can combine a passion for early medieval history with a love of languages and literature, while also ranging across the cultures of early Britain, Ireland and Scandinavia, in any combination they ... The Anglo-Saxon era ended on 14 October 1066 when William the Conqueror defeated King Harold at the battle of Hastings, ushering in the era of the Normans. 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It became part of the short-lived North Sea Empire of Cnut the Great, a personal ... Find out more about Anglo Saxon food. Get information about what the Anglo Saxons ate and discover interesting facts with DK Find Out, to help kids learn. The Anglo-Saxon settlement of Britain is the process which changed the language and culture of most of what became England from Romano-British to Germanic.The Germanic-speakers in Britain, themselves of diverse origins, eventually developed a common cultural identity as Anglo-Saxons.This process principally occurred from the mid-fifth to early seventh centuries, ... The Anglo-Saxon's gave England her name. The area we now call England was named Britannia by the Romans. Introduction. What was England like? England looked very different 1,600 years ago when the Anglo-Saxons came to our shores. 03/05/2013 · Here are some facts about the evacuation of children and mothers from cities to the countryside which took place in Britain during World War 2. 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Spears, used for piercing and throwing, were the most common weapon.Other commonplace weapons included the sword, axe, and knife—however, bows and arrows, as well as slings, were not frequently used by the Anglo-Saxons.For defensive purposes, the shield was ...

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