

THE MESOLITHIC PICNIC

Your personal score sheet

Type	Food	Size	Portions
eggs	duck egg	1	
fish	salmon	¼	
fowl	duck breast	½ breast	
fruit	crab apples	2	
fungi	mushrooms	5	
leaves	nettles	30 g	
mammal	red deer	100 g	
nuts	hazelnuts	15	
roots	cattails	1	
seaweed	laver	10 sheets	
seeds	fat hen	80 g	
shellfish	crayfish	1	
TOTAL			