

MEDIEVAL FOOD

Source A

"The main diet of the **poor** were **bread**, **pottage** (a type of stew), dairy products such as **milk** and **cheese** products and meats such as **beef**, **pork** or **lamb**. Their diet was very boring and they bought or grew **vegetables** to go with their food. Most poor people could only afford to eat meat once a week! They would also drink **cider** because the water was not very clean."



Source B

"The **rich** people had a much better diet. They ate **deer**, **Peacocks** and other **birds** as well as other meats. They would have lots of **spices** on their foods which the poor people could not afford. Rich people would have **cider**, **Brandy** and **wine**. Rich people only ate **leeks** and **onions** mainly as they thought vegetables were for poor people. "

Source C

"Animals such as deer, boar, hares and rabbits lived in woodland surrounding most villages. These animals were **the property** of the **Lord** and villagers were not allowed to hunt them. If you did and you got caught killing these animals, you faced being punished by having your hands cut off. However, many villages did get permission from their lord to hunt animals such as **hedgehogs** and **squirrels**."

Source D

"The villagers drank **water** and **milk**. The water from a river was unpleasant to drink and the milk did not stay fresh for long. The main drink in a medieval village was **ale**. It was difficult to brew ale and the process took time. Usually the villagers used barley."

Source E

"Most villages were built next to a river so these could be a good source of food even if they were small. Trout and salmon were for the lord only. Many lords kept a large pond on their estates filled with large fish. If a peasants was caught stealing from this, he would face a very severe punishment."

Source F

Meal	Lord	Peasant
Breakfast	This was eaten between 6 and 7 in the morning. It was a leisurely affair. A lord might have white bread; three meat dishes; three fish dishes (more fish on a saint's day) and wine or ale to drink.	This was eaten at sunrise. It would consist on dark bread (probably made of rye) with ale to drink.
Dinner	This was eaten between 11 in the morning and 2 in the afternoon. A lord would usually have three courses but each course might have between four to six courses in it! There would be meat and fish on offer with wine and ale. It is likely that only small parts from each dish were eaten with the rest meant to be thrown away - though the lord's kitchen workers and servants might be able to help themselves if the lord was not looking!	This was what we would call a "ploughman's lunch" as it was eaten in the fields where the peasant was working. He would have dark bread and cheese. If he was lucky, he might have some meat. He would carry a flask of ale to drink. He would have this meal at about 11 to 12 o'clock.
Supper	This was eaten between 6 and 7 in the evening. It would be very similar to the dinner but with slightly more unusual dishes such as pigeon pie, woodcock and sturgeon. Wine and ale would also be available.	This would be eaten towards sunset, so this would vary with the seasons. The main meal was vegetable pottage. Again, if the family was lucky there might be some meat or fish to go round. Bread would be available and ale.

Your task! Be Creative! And design a **menu** for a **banquet** for the **King** and lots of important **medieval** people. Remember they are very **rich** and sometimes would have five or six courses!

Extension: Design a menu for a poor person. How would it be different?