

# FOOD

## Meat and Fish

The first humans ate raw meat taken from animal carcasses they found already dead or had hunted. Then after the discovery of fire, humans cooked their meat. They could eat the little game they trapped: rabbits, birds, but also reindeer, bison, mammoth, goats and antilopes.

They also made provisions for the winter :they dried the meat in the sun and smoked it with wood charcoal ; in the winter they preserved it in the ice. In order to cook the meat, one could put it directly into the fire or use hot stones (by throwing hot stones into a goat skin container filled with water.

On the sea shore or at river banks they fished for fish or shellfish.

Prehistoric man also found birds' eggs in nature.

## Vegetables

Walnuts, hazelnuts, wild chestnuts, mulberries, huckleberries, strawberries, mushrooms, wild fruit, tubers, roots, edible plants, bulbs.

They could dry the plants and preserve them for the winter.

Example of a prehistoric menu :

Plant soup (roots and reindeer bone marrow)

Bison steak one burning-hot stones with a side order of mushrooms and cooked dandelions – wild chestnuts

What could one find on the plates of prehistoric man ?

- 1) shellfish (yes)
- 2) potatoes (no)
- 3) candy (no)
- 4) chicken (no)
- 5) bison (yes)
- 6) yoghurt (no)
- 7) horse (no)
- 8) fish (yes)
- 9) raspberries and wild strawberries (yes)
- 10) apples and oranges (no)