

# WALT identify food sources in Ancient Egypt.

WILF: Identify crops and animals existing in Ancient Egypt.

- Compare this to other countries resources
- Explain the diet of Ancient Egyptians.



Today we were exploring what was available in the farms of Ancient Egypt.

Knowing what you do now about their climate, what do you think they may have been able to grow?

What animals do you think they had?

The land around the Nile was rich in wildlife and the wealthy ancient Egyptians hunted and ate beef, mutton, goat and a variety of fish from the Nile.

They also ate poultry: duck, crane, heron, pigeon and goose.

The poor Egyptians didn't eat meat that often, but did eat poultry and fish. Fish, poultry and meat were boiled or roasted and they used a number of seasonings for flavour, including salt, cumin, pepper, fennel, dill, sesame and coriander.

If they weren't going to eat poultry immediately, they preserved it by drying and salting it.



With such fertile farmland, they could grow a lot of vegetables and fruits.

Some of their favourites seemed to be radishes, onions, garlic, turnips, beans, leeks, lentils, and lettuce.

A variety of vegetables were grown and eaten by the ancient Egyptians including onions, leeks, garlic, beans, lettuce, lentils, cabbages, radishes and turnips.

They ate fruit as a dessert and they included melons, plums, figs, grapes, raisins and dates.

Fun fact: Based on the pictures, it seems that the wealthy people might eat two to three meals per day including a morning meal, a bigger lunch and later in the evening, a dinner meal.

Most of the population would probably have only eaten a breakfast of bread and then in the early afternoon a main meal that included bread and beer.

# But how did they harvest all this food?

Ancient Egyptians had simple farming tools such as winnowing scoops, hoes, rakes, flint-bladed sickles and ploughs.

They had both hand ploughs and ones pulled by oxen. The ploughs were used to turn the soil.

The majority of the tools were made entirely out of wood, or a combination of wood and stone, however, some copper tools have also been found, indicating that they had some metal tools too.

They used Shadufs to irrigate canals and gather water, as we found out last lesson!





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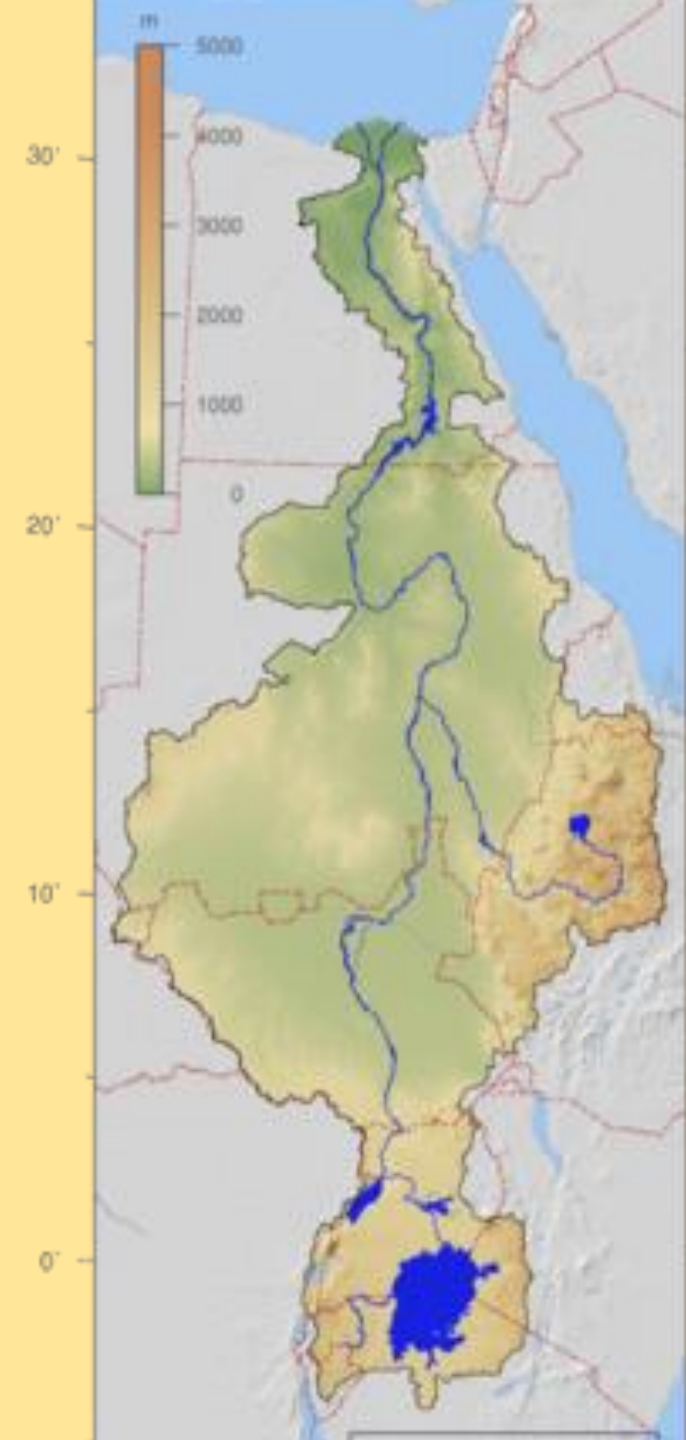


# But wasn't it dry lands? Where did they farm?

Owing to their excellent irrigation systems, they managed to build small canals through Ancient Egypt, which overflowed with the Nile.

This is a map of their watershed.

Not too dry!



# Let's compare! How was farming and food done in Britain around this time?

In Britain, around 3000BC, when Egypt was in Early Egypt period, the Stone Age Britains were beginning to farm (and creating the stone circles!).

The early farmers grew wheat and barley, which they ground into flour. Some farmers grew beans and peas. Others grew a plant called flax, which they made into linen for clothes.

Neolithic farmers kept lots of animals. They had herds of wild cows that had been domesticated (tamed). The cattle provided beef, as well as milk and cheese. Sheep and goats provided wool, milk and meat. Wild pigs were domesticated and kept in the woods nearby.

Dogs helped on the farms too. They herded sheep and cattle and worked as watchdogs. Dogs were probably treated as family pets, like they are today. The early farmers still went hunting and gathered nuts and berries to eat, but they spent most of their time working on their farms.



**What similarities and differences in diet can you see? Why do you think that is?**



## Today's Activity:

Today you have two options.

**Option 1:** Draw or make a model of a farm in Ancient Egypt, with labels for any animals, food or machinery.

**Option 2:** Make an advertisement leaflet for farming in Ancient Egypt answering: why to be a farmer, what they will be doing, resources they will have. Remember to make this as persuasive as possible! 😊

