

**ACTIVITY 4
ANCIENT DIET**

Parents Guidance Notes

Children will learn how to:

- identify some of the foods eaten, prepared or stored by the late Iron Age farmers.
- make comparisons between the diet of these farmers and their diet of today.
- investigate and compare the methods of food preservation of today with those methods of the late Iron Age farmers.
- discover through practical experiment using a small sample of various foods, the stages of change and deterioration of fresh food.
Are the changes in the food due to the lack of a protective covering, exposure to the sunlight, exposure to different temperatures – too much heat or too cold?
- record each stage daily, written and visual (drawing or even a photograph) and compare the results from each sample.
- discuss the reasons/explanations for the need to preserve food.

We have provided you with:

Parent examples for each sheet 1a and 1b to help as a guide.

Sheets 1a & 1b for children (Iron age Diet and Preserving Food)

Practical Experiment Introduction

Charts 1 & 2 for Sample 1

Charts 1 & 2 for Sample 2

Results & Ideas

Parents Example

SHEET 1a **IRON AGE DIET**

Make a list of some of the different types of food that could have been eaten by the Iron Age people. The foods were mentioned in the story.

The questions are there to guide you.

Which animals provided meat?	Deer (Venison), Cattle (Beef), Sheep (Lamb & Mutton),
What sort of dairy foods can we produce from the milk of cow/Goat/sheep?	Milk (Cow, Goat or sheep) Cheese “ “ “ would have been more like a soft cheese. Cream
Which Plants/fruit/nuts were safe to eat?	Some fungi/mushrooms Hazelnuts Seaweed, nettles (Leaves and the flower heads), Brambles
Types of Fish caught in the river, loch or sea?	Salmon, Trout or mackerel.... Shellfish
Which crops were grown? What can be made using grains?	Oats, Wheat & Barley Different types of Porridge sweet or savoury, unleavened breads, can also be used as thickening agent for stews.

Parents example

SHEET 1b - PRESERVING FOOD

Use your list of foods from sheet 1 to answer the following questions

<p>From the list of food's you have made in sheet 1a, what methods would the Iron Age people have used to preserve the food?</p>	<p><i>Fish – either dried or smoked (By wood smoking) Meat (Beef or venison) dried or smoked, they may have salted the meat.</i></p> <p><i>Honey was stored in pottery vessels.</i></p> <p><i>Mushrooms/ nettles/herbs could be dried during the summer and stored.</i></p> <p><i>Grains could be stored in leather, Hide or pottery containers.</i></p>
<p>Today in the 21st century, we also have different ways of preserving food.</p> <p>Can you give examples of 4 different foods and how they have been preserved?</p>	<p><i>Salmon can be tinned or smoked and then vacuum packed.</i></p> <p><i>Pickling of vegetables in vinegar (cabbage, onions...)</i></p> <p><i>Preserving in syrup or their own fruit juices, and stored in glass jars (Apples, oranges, pineapple.)</i></p> <p><i>Frozen just after picking (variety of vegetables)</i></p> <p><i>Dried – Lentils, Vegetables and fruit</i></p> <p><i>The list is endless!!</i></p>
<p>Take your tin of fruit or vegetables and look at the label.</p> <p>How has the fruit been preserved?</p> <p>Make a list of any other ingredients that have been added to preserve the fruit?</p> <p>Is there an Expiry date?</p>	<p>i.e.:</p> <p>Tinned – Strawberries</p> <p>Also, grape juice/citric acid and colouring added</p> <p>June 2021</p>

SHEET 1a IRON AGE DIET

Make a list of some of the different types of food that could have been eaten by the Iron Age people. The questions are there to guide you.

Which animals provided meat?	
What sort of dairy foods can we produce from the milk of Cow/Goat/sheep?	
Which Plants/fruit/nuts were safe to eat?	
Types of Fish caught in the river, loch or sea?	
Which crops were grown? What can be made using grains?	

SHEET 1b - PRESERVING FOOD

Use your list of foods to answer the following questions

<p>From the list of food's you have made in sheet 1a, what methods would the Iron Age people have used to preserve the food?</p>	
<p>Today, we have many ways of preserving food.</p> <p>Can you give examples for 4 different foods – how have they been preserved?</p>	
<p>Have a look at the label on the Tinned/Dried fruit</p> <p>How has the fruit been preserved?</p>	
<p>Make a list of any other ingredients that have been added to preserve the fruit?</p> <p>Is there an expiry date?</p>	

ACTIVITY 4 PRACTICAL EXPERIMENT

Now time to do a practical experiment!

If foods such as fruit and vegetables are not eaten within a few days and we want to store these foods, we know they need to be preserved.

But why does the fruit or vegetable start to decay in the first place?

You are going to have a go at recording and monitoring (checking) the changes to small samples of fruit and vegetables (slices of apple, pear, carrot, potato, orange or grapes etc) over 5 days.

Observing the daily changes in the fruit and vegetable samples is interesting, as you can see changes in size, shape and colour.

It will make you wonder, why are the fruit and vegetables changing, what is happening to the fruit and vegetable?

Method

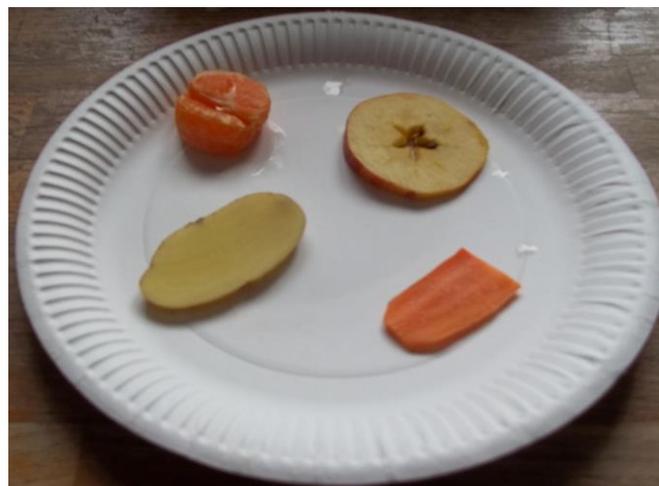
Place at least 2 thin slices, one of fruit and one of a vegetable (these we will call your samples 1 & 2) and place the samples on a paper plate or a saucer, do not use plastic plates.

The samples can then be placed on a window ledge or desktop, they will remain there for a few days, apart from when you monitor them each day.

Complete Charts 1 & 2 every day for up to 5 days.

The experiment could start on a Monday and be completed on a Friday.

On the final day, you can compare the different results of the food chosen.



Samples of **thin** slices of carrot, apple, potato and orange.

ACTIVITY 4**PRACTICAL EXPERIMENT CHART 1**

Name of Sample 1:

Temperature of room

Date of Day one

Day	Measurement of sample	Any changes in the colour?	Is there a change in smell?	Does the sample feel different to touch?
1				
2				
3				
4				
5				

ACTIVITY 4**PRACTICAL EXPERIMENT CHART 2****Drawing of Sample 1**

Day 1	
Day 2	
Day 3	
Day 4	
Day 5	

ACTIVITY 4**PRACTICAL EXPERIMENT CHART 1**Name of **Sample 2**:

Temperature of room

Date of Day one

Day	Measurement of sample	Any changes in the colour?	Is there a change in smell?	Does the sample feel different to touch?
1				
2				
3				
4				
5				

ACTIVITY 4**PRACTICAL EXPERIMENT CHART 2**Drawing of **Sample 2**

Day 1	
Day 2	
Day 3	
Day 4	
Day 5	

ACTIVITY 4 RESULTS

Here you can make a note of any ideas you may have thought about, as to why your samples changed....

SAMPLE 1	
SAMPLE 2	