

GOOD AFTERNOON



In our second history lesson about the Stone Age, you will be learning about what people in the early Stone Age (the Paleolithic Stone Age) ate and how they got their food. Unfortunately, they couldn't just pop to Tesco or Aldi like we do.

Read through the PowerPoint and work through the activities 😊
I hope you enjoy this lesson.

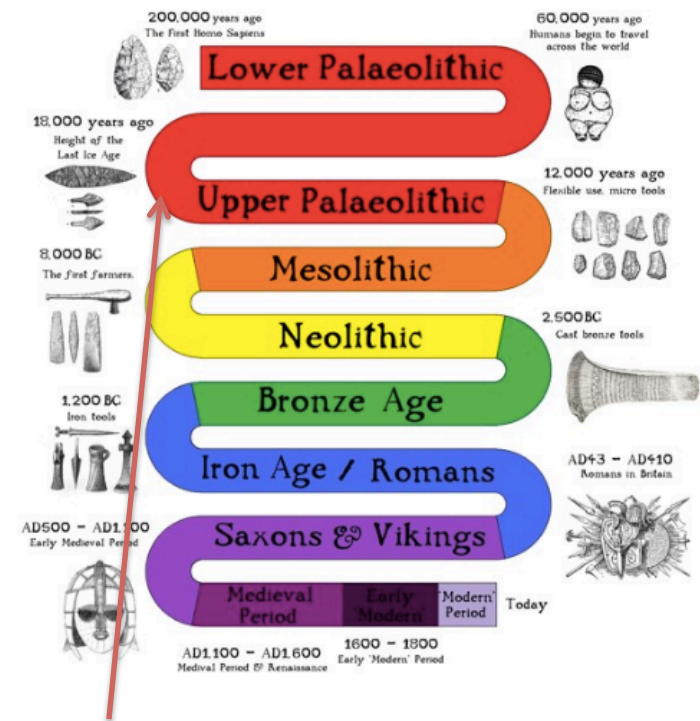
Love Miss Robertson xxx

In today's lesson, we are going to focus on the Paleolithic Stone Age (the earliest part of the Stone Age). We are going to learn all about what Stone Age people, in this part of the Stone Age, ate (their diet).

Key words for this lesson:

- **Paleolithic:** The earliest and longest part of the Stone Age
- **Hunter gatherer:** A person who gets their food by hunting, fishing and foraging.
- **Foraging:** Searching for wild food. For example, picking and gathering berries.
- **Hand axe:** A Stone Age tool used for hunting animals, that is usually made from flint (a type of rock).
- **Spear:** A weapon with a pointy tip, usually used for throwing.
- **Animal hides:** Skin of large animals like cows or buffalos.

Simple Timeline Of Human History

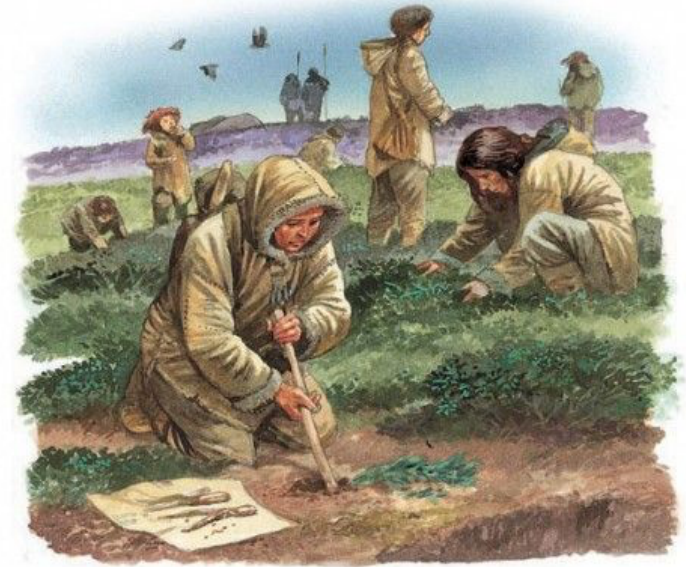
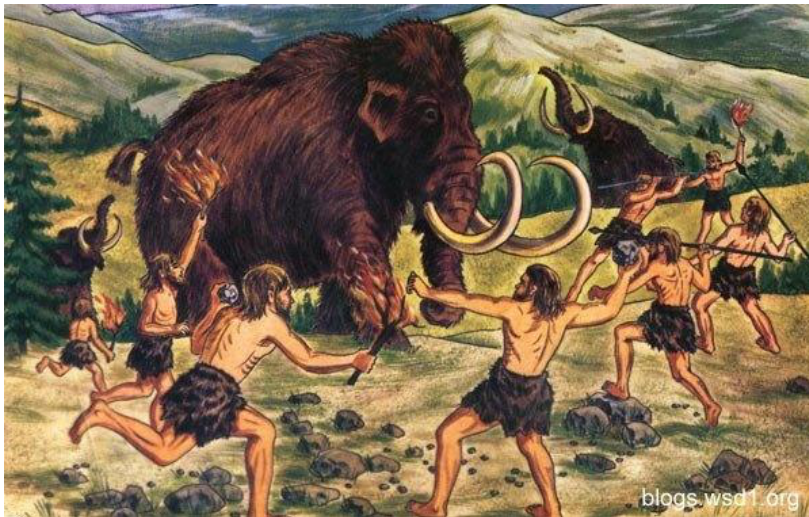


The longest part of the Stone Age

Stone Age people were 'hunter gatherers'. Look closely at these pictures. What do you think this means?

Hunter gatherer

What does this mean?



Let's find out what a hunter gatherer was:

Hunter-gatherers

- For early humans, their survival depended on finding food.
- We call them hunter-gatherers because they had to **hunt animals** and **fish** and **gather wild food**.
- It wasn't until the Neolithic period that they grew and raised their own food.
- They would hunt whatever animals they could find.
- In Britain during the Stone Age this could have been **horses, deer, mammoth, hares, rhino and hyena**.
- Also, from rivers and the sea they would **hunt seals, seabirds and fish**.



Weapons

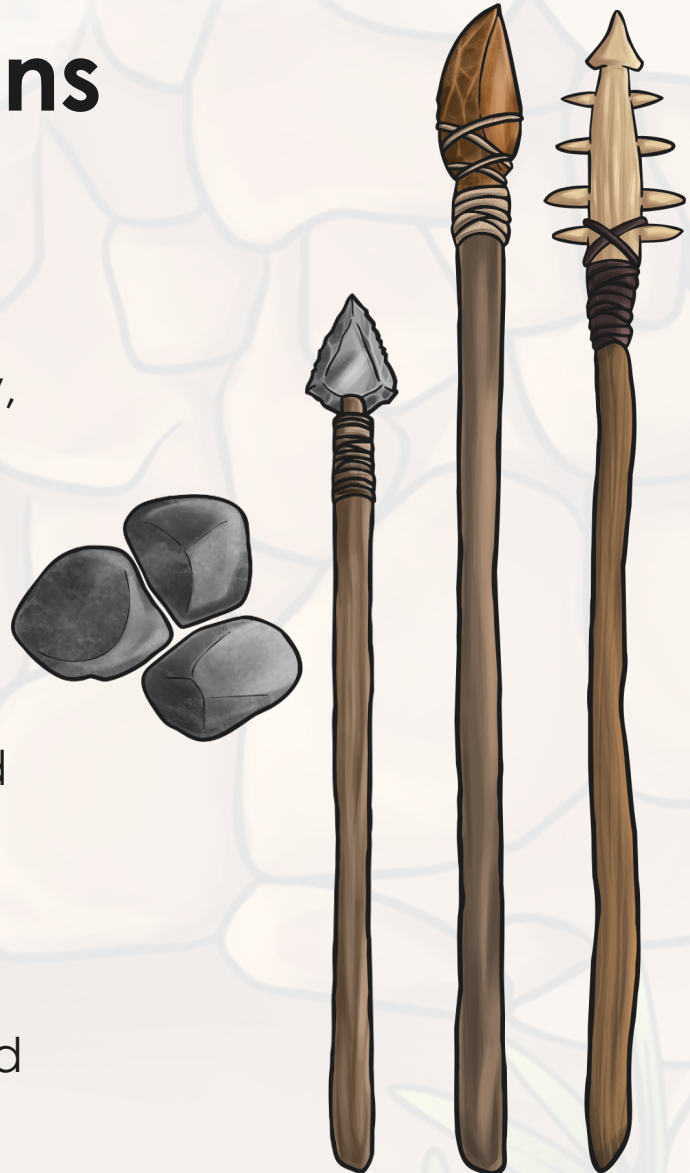
The hunters used different weapons to kill their food.

These could be made from bone, ivory, wood, antlers, stone or flint.

The first early humans used stone axes, rocks and wooden spears that were hardened at the tips with fire.

Later, spears were developed that had sharp bone or flint tips.

Spear throwers meant that spears could be thrown further and with more force, making it possible to kill or wound an animal from a safer distance.



Weapons

**One big kill could feed a family for months.
Every part of a kill was used.**

- The meat was cooked for food or dried to preserve (keep it) it for eating later.
- They would eat absolutely everything including the blood, feet and brain.
- Bones would be made into tools and weapons.
- Bones could also be smashed so the marrow could be eaten from the inside. Marrow is high in fat and would have been a good energy source.
- Animal hides were made into clothes.
- The fat could be used in lamps.
- Antlers were also made into tools and weapons.



GROSS!

Did you know? Some archaeologists believe that early humans would have cut open the stomach of an animal and eaten their last meal!



Take a look at some of the animals that were hunted:



What are the names of these animals?



Take a look at some of the animals that were hunted:



Woolly mammoth



hare



Although it might make you feel sad that these animals were hunted, Stone Age people had to do it to survive. There was no other food available.



hyena



deer



seabirds



fish

What does 'gathering' mean?

Gathering

- The Stone Age diet would have varied according to what was locally available (what was around where they lived).
- They had access to a wide variety of natural foods **like seeds, berries, nuts and roots** and **knew which plants were safe to eat. How clever!**
- They would gather **eggs as well as insects, snails and caterpillars.**
- Herbs were used to flavour food as they are today.

Sunflower seeds



Nettle leaves



Hazelnuts



Gathering



Juniper Berries



Mussels

The Woods

Wild nuts and berries were available in great quantities (large amounts) in the woods. Nuts were particularly good because they could be easily stored.

The Seashore

Mussels, cockles, whelks, crabs, oysters, lobsters and other seafood provided a source of food all year round.

How did Stone Age people cook their food?

Cooking

There is evidence that early humans started using fire in Britain up to 400,000 thousand years ago.

Today we have many different ways to cook food, and different appliances to use. They still managed some variety back then.

Meat was wrapped in straw or leather and secured with a twig or straw rope. This was put into a pot of water that was heated by dropping in red hot stones that had been heated in a fire.

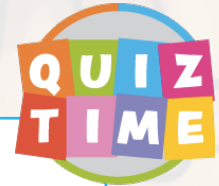
The meat was grilled or roasted on a spit.



A **trough or pit** would be heated with fire and lined with hot stones. The meat would be put inside and covered with more hot stones.

Quick quiz

Just write down the answer on a piece of paper 😊



1. What was the earliest and longest part of the Stone called?

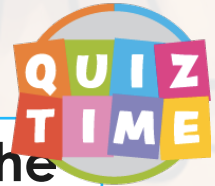
- a. Paleolithic
- b. Mesolithic
- c. Neolithic

2. What was a hunter gatherer?

- a. A person who gets food by farming.
- b. A person who gets food by hunting, fishing or picking wild berries.
- c. A person who pops to Aldi/ Tesco to buy food.

Quick quiz

Just write down the answer on a piece of paper 😊



3. What animals would have been hunted in Britain in the Stone Age?

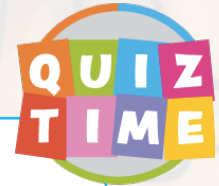
- a. elephants and giraffes
- b. zebras and flamingos
- c. hares, deers, mammoths

4. How was food cooked in the Stone Age?

- a. In the oven
- b. In the microwave
- c. Over a fire pit

Quick quiz

Just write down the answer on a piece of paper 😊

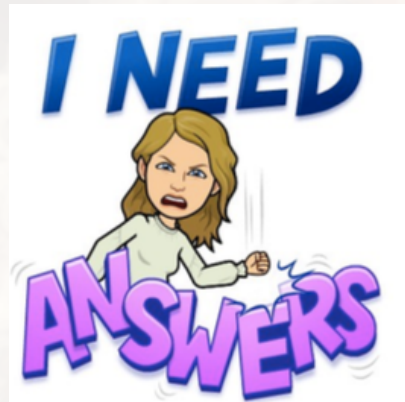


5. Would all Stone Age people have eaten the same foods?

- a. No, it depended on what was available where they were living.
- b. Yes, they all hunted exactly the same animals and picked the same berries.
- c. No, it depended on what was available at the supermarket.

6. How long could one kill last?

- a. For months
- b. One weeks
- c. One day



1. A
2. B
3. C
4. C
5. A
6. A

You might like to design your own quiz to test someone on their knowledge of the Stone Age diet.



Today, you are going to create a **Stone Age menu**. Take a look at some menus from restaurants today. Look at the adjectives and phrases that are used to make the food sound delicious.

ULTIMATE MIXED GRILL

A quarter portion of our roisserie chicken, a 4oz rump steak*, a half rack of our BBQ glazed ribs, a 7oz gammon steak, two pork sausages, two fried free-range eggs and two black pudding slices. Served with fries, beef tomato, flat mushroom and onion rings



MIXED GRILL

A quarter portion of our roisserie chicken, a 4oz rump steak*, half a gammon steak, a pork sausage, a fried free-range egg and black pudding. Served with fries, beef tomato, flat mushroom and onion rings

HERB-BATTERED HALLOUMI & CHIPS (V)

With fries, tartare sauce and your choice of garden or mushy peas

PENNE ARRABIATA (VE)

Spicy penne arrabiata with black olives and grilled kapia pepper

STUFFED RED PEPPER (VE)

Stuffed with sweet potato, black bean & quinoa chilli, with golden rice & beans and sweet potato fries



Your task: Once you have read through the PowerPoint carefully and learned all about what the Stone Age people would have eaten, I would like you to **create your own Stone Age cafe menu**. Be as imaginative and creative as you can 😊 Use my example, the word bank and the photos on the next few slides to help you 😊

Miss Robertson's example:

Give your café an interesting name

→ The Tasty Stone Age hut

Starter:

Crispy fried saber tooth tiger tusk
Crab cakes served with garlic sauce

Main course:

Mushroom stew with fresh herbs (v)
Freshly baked woolly mammoth pie
served with sunflower seeds

Dessert:

Sweet blackberry and apple fruit
stew
Juniper berry and honey sorbet

Can you use interesting adjectives like the ones I've used?

What would the three courses at your café be?

You might also like to draw some pictures.



deer

saber tooth tiger

topped with

Stone Age inspired

fused with

served with

woolly mammoth

slow roasted

flame-grilled

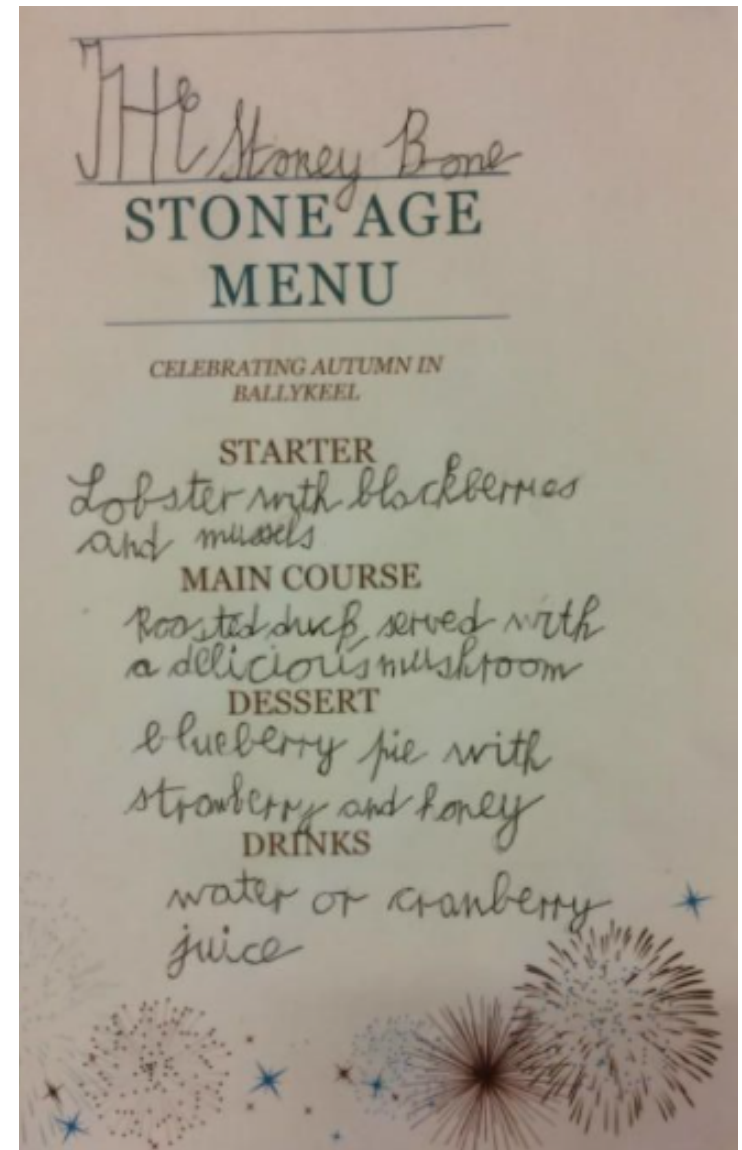
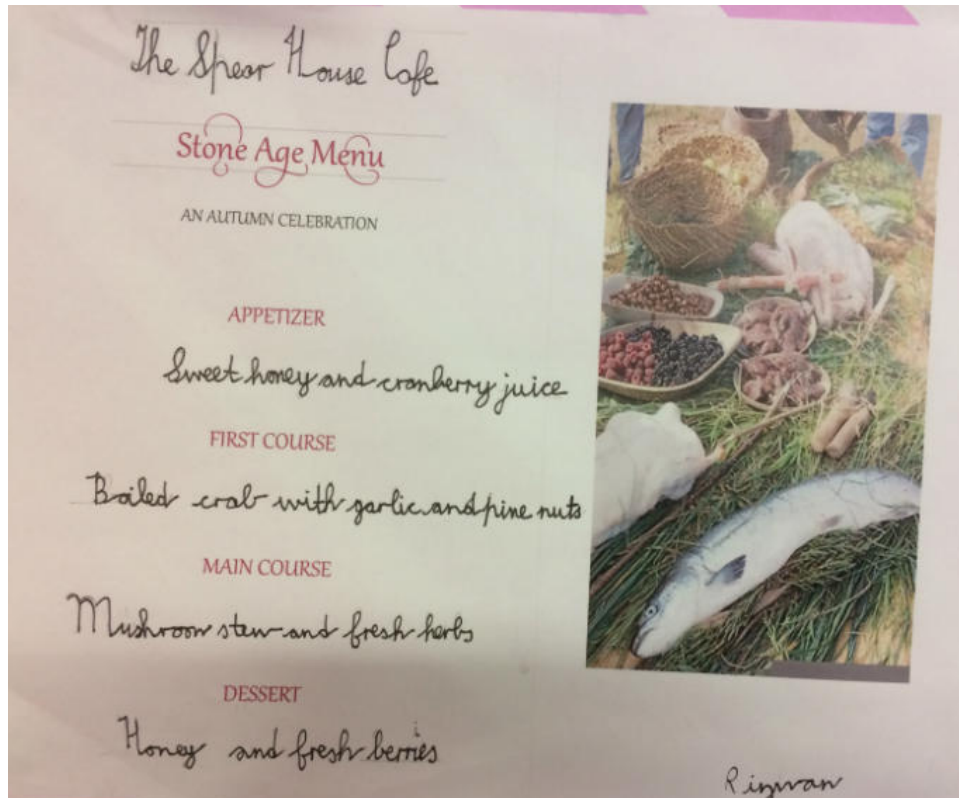
straight from the campfire

simply grilled

Finished? Write a paragraph to persuade people to go to your restaurant.

hyena

Examples to help you:



Challenge:

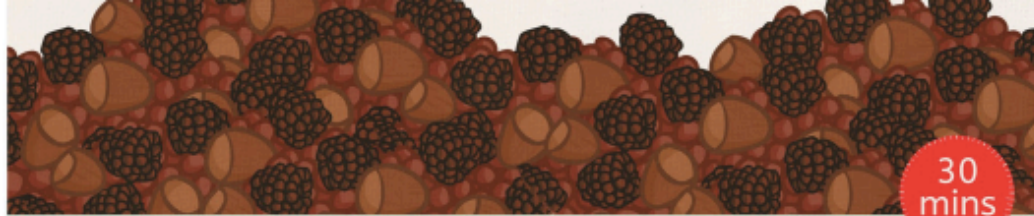
What would have made it more difficult to get food in the Stone Age?

Would the time of year affect the amount of food available?



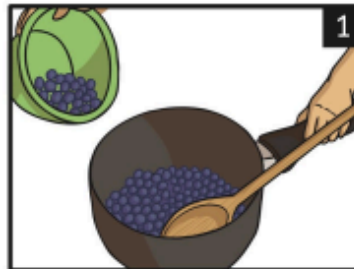
Optional task:

Have a go at making your own Stone Age stewed fruit 😊



30 mins

STONE AGE Stewed Fruit Recipe



1



2



3



4

You will need...

500g blueberries
500g blackberries
200g hazelnuts
6 tbsp honeycomb

a stove
a large pan
wooden spoon
a ladle
table spoon



1. Add the blueberries to the pan.
2. Add the blackberries to the blueberries. Using a wooden spoon mix them together - make sure you do this gently so you don't crush the fruit.
3. Add the hazelnuts and carefully mix it all together.
4. Add the honeycomb and transfer the pan to the stove (you might need to ask an adult for help with this). Bring the mixture gently to the boil.
5. Simmer the mixture very carefully for 20mins. Leave to cool then transfer to a serving bowl.



5



Thank you for working so hard.
You are all superstars 😊
Please send you work into
yearthree@st-jo-st.dudley.sch.uk

I can't wait to read your delicious menus!