

A Prehistoric Buffet

Introduction:

Paleolithic diet is different from Neolithic diet. Paleolithic groups were hunter-gatherers, while Neolithic groups were farmers. That's why their food could be quite different.

However, sometimes food didn't change! During the Neolithic, people still hunted and gathered food to supplement their diet.

But do you think there was any food they couldn't eat in the Neolithic? (e.g., mammoth meat) And any food they wouldn't have eaten during the Paleolithic? (e.g., meat from domesticated animals).

There are also foods we eat today that were not available in prehistory, because they came from other continents. For example, tomatoes, potatoes, avocados, chicken eggs, and chicken... Can you think of any others?

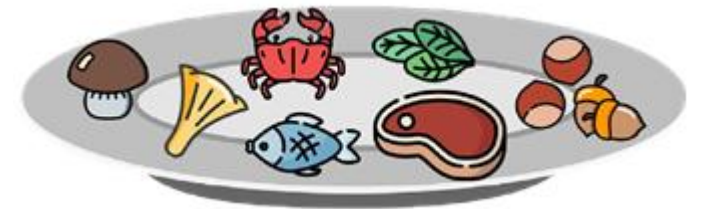
Instructions:

In this dossier, you will find pictures of food and two pictures of dishes. Cut out the food pictures. The children must choose the food pictures they believe belonged to each diet. Once the activity is completed, discuss why you think each food corresponds to the diet you selected.

Discuss: Which diet do you think is more nutritious? Why? Which diet is more similar to ours? Has anything changed? Now, including our diet, which do you think is the most nutritious?

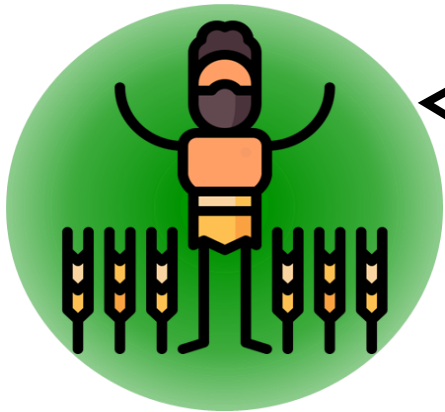
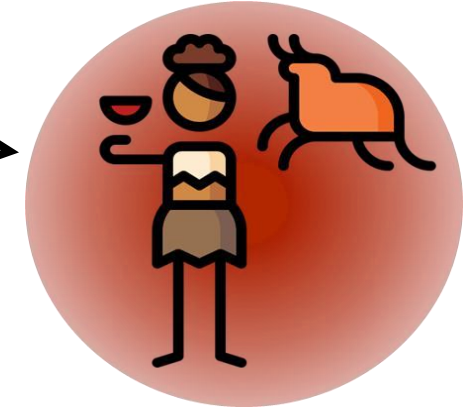
Learning Objectives:

This activity encourages children to think about where food comes from. Students will reflect on diets from the past, their own, and where the food we eat comes from.



A Prehistoric Buffet

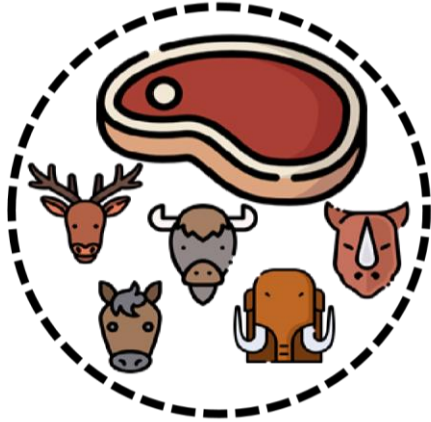
I live in the Upper Paleolithic. I hunt animals to get meat to eat. I also walk through the forests and my surroundings looking for plants, herbs, fruits, and mushrooms to complete my diet. I also set traps to catch small animals and occasionally go fishing.



I live in the Neolithic. Most of my food comes from the animals I have on my farm (cows, sheep, and pigs) and the crops I have planted. Sometimes I go hunting and gather wild fruits, but not very often—there is a lot of work to do on the farm!

Paleolithic

Large wild animals



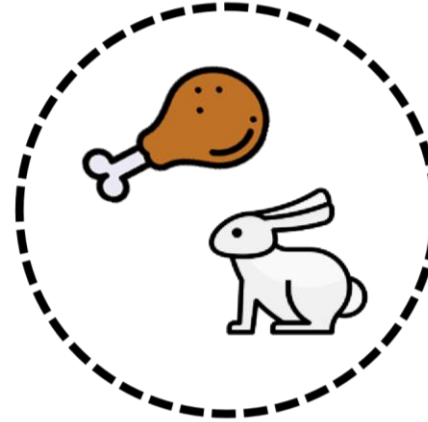
Bone marrow



Wild honey



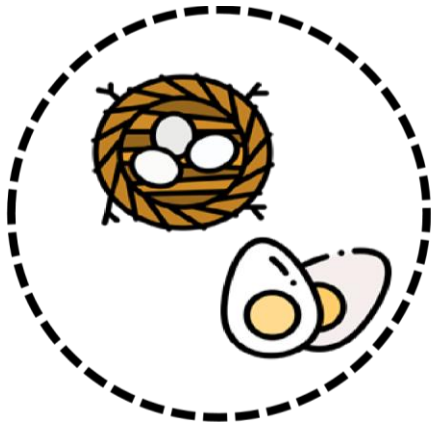
Small wild animals



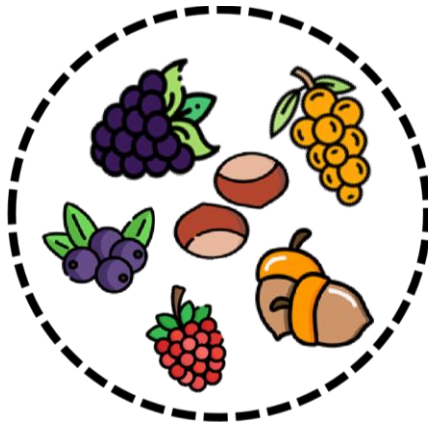
Plants, moss and algae



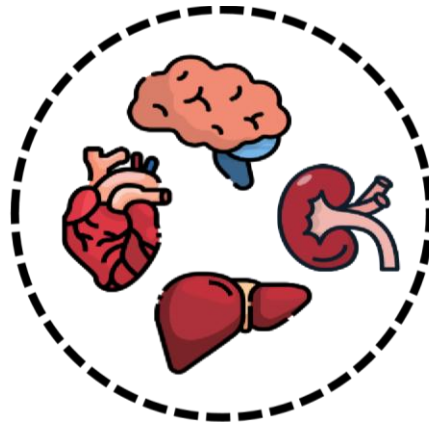
Wild bird eggs



Nuts and wild berries



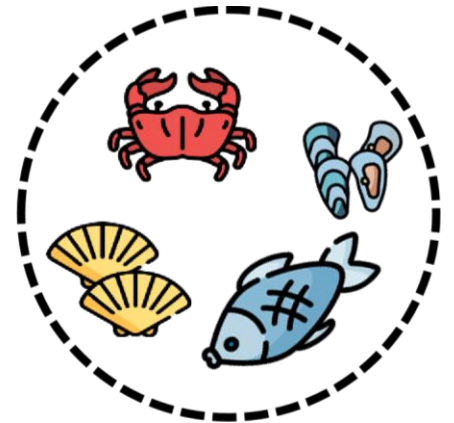
Organ meats



Forest mushrooms



Seafood



Neolithic

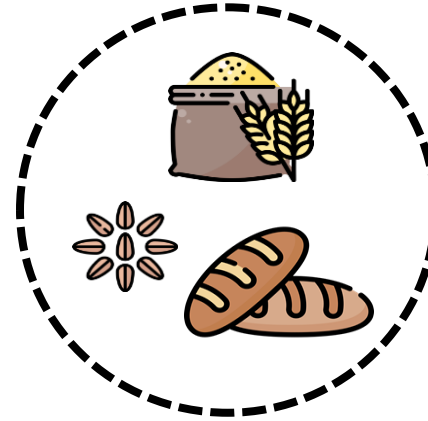
Peas and beans



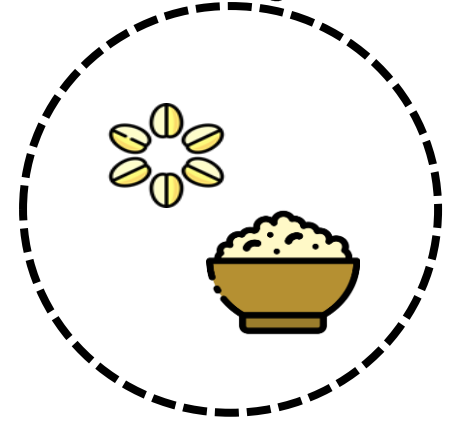
Barley beer



Wheat and rye bread



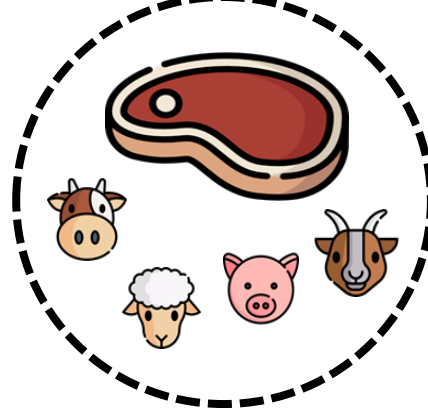
Oatmeal porridge



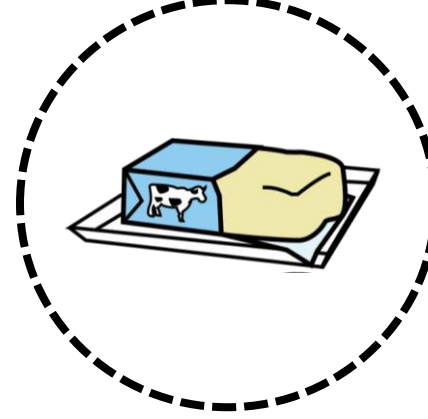
Milk



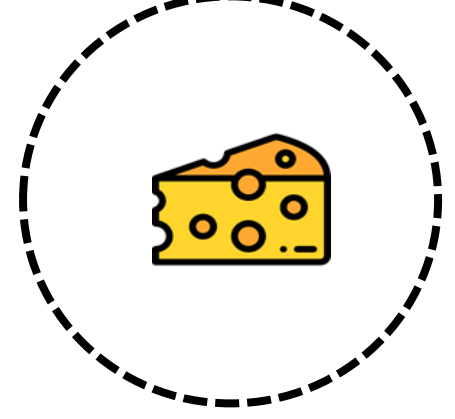
Farm animals



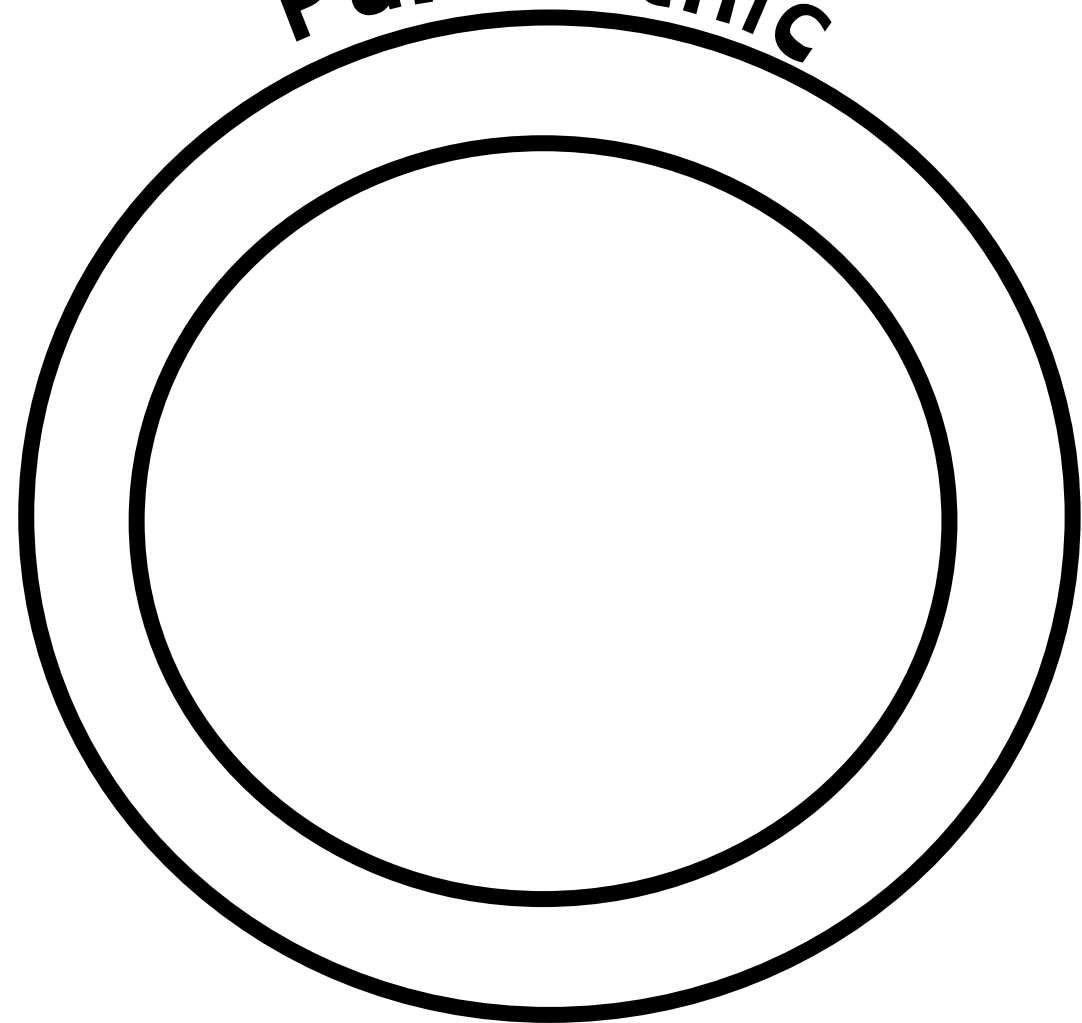
Butter



Cheese



paleolithic



Neolithic

