

LESSON 2

ANCIENT EGYPTIANS
ATE WELL!

1 Listen and read about food in Ancient Egypt. What did families use to make their cooking taste better?

Paintings from Ancient Egyptians show that people at this time took care of their bodies and ate very well! So what did the Ancient Egyptians eat and drink?

The water of the Nile has always helped Egyptian farmers to grow a lot of fruit and vegetables. At this time, the vegetables they could grow often depended on how much water came from the Nile floods. Ancient Egyptian farmers usually grew onions, garlic, lentils, and beans, and people cooked with all these vegetables. Farmers also grew wheat and **barley**. People used this to make bread and they ate a lot of this every day.

Most people in Ancient Egypt only ate a little meat, usually at **festivals**. They probably ate a few fish and birds like ducks, geese, and chickens. They also ate some eggs and cheese from cows or goats.

There were a lot of bees in Ancient Egypt, and that means there was honey! People often used honey with bread and cream to make cakes. They also used a few dates or figs to make sweet fruit drinks.

Some families also knew how to use spices and **herbs** to make their cooking taste better, and they also knew how to **preserve** food. For example, they dried fish or used salt to preserve it, and used jars to keep fruit and vegetables for the winter.



2 Listen and read again. Match the food with where it can come from

- | | | | |
|---------|-------------------|---------|---------|
| 1 cream | 2 eggs | 3 honey | 4 bread |
| a bees | b wheat or barley | c geese | d cows |



3 Look at the words in bold in the text. Match them to their meanings

- | | |
|---|---|
| 1 | a plant whose seeds we can use to make bread and other things |
| 2 | plants with a strong taste often used in cooking |
| 3 | a special occasion when people play music and eat nice food |
| 4 | add something to food to make it last for longer |

What Ancient Egyptians Ate Teachers Guide

S Ben Porath



What Ancient Egyptians Ate Teachers Guide:

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