

Salesbury Super 6 Knowledge Organiser for Mercury Class (Y4/5)

Learning Focus: **History** Chronology of Food and Diet **Autumn 1 2024**



Key Knowledge to Learn

1

In the **Stone Age**, hunter-gatherers enjoyed eating a huge range of edible **species** already in Britain, including wild animals and birds, leaves, roots and fruit from plants, plus fish and shellfish. Then domestic **animals and plants** were brought from abroad, such as cattle, pigs and sheep and people cultivated **crops**, such as wheat and barley

2

The **Ancient Mayans** ate maize, squash, beans and chili peppers. Maize was ground up and made tortillas to wrap meat and beans in. Tomatoes, avocado, pineapple, pumpkin and sweet potatoes were grown and deer, armadillo, monkeys, guinea pigs, turtle and iguana were all hunted, with fish, lobsters and shrimps fished. The Maya were the first people to grow the **cocoa plant** for food – making chocolate!

3

The **Romans** brought many **exotic** foods over to Britain, including **game** (rabbits, pheasants, brown hare), **vegetables** (cabbage, leeks, onions, turnips), **fruit** (grapes) and **nuts** (walnuts). They also introduced **herbs** and **flavourings** such as garlic, pepper, basil and thyme.

4

In **Tudor and Stuart** times, turkeys were raised in Britain and **potatoes** were brought over by Spanish explorers. Eating of **rice** began and **orange** trees were brought to Europe. **Coffee** and **tea** were widely available to buy as an expensive **delicacy** by the mid-17th century.

5

The increase of worldwide **travel** has also meant that people could sample and bring back flavours and ideas from abroad, all of which has influenced British **cuisine** in **modern times**. Food can now be **preserved** better and **processed**, to make cooking easier. Increased awareness of the effect of food on **health** has also influenced the diet of people today.

Vocabulary

diet	The food and drink that a person, animal, or group usually takes
hunter-gatherers	A member of a culture in which food is secured by hunting, fishing, and gathering rather than by agriculture
exotic foods	Foods introduced from another country or which is very different or unusual.
crops	A plant product that can be grown and harvested
herbs	A seed-producing plant that does not develop long-lived woody tissue but dies down at the end of a growing season
delicacy	Something pleasing to eat because it is rare or a luxury
processed	To change or prepare by special treatment .
cuisine	The style of cooking.



You can find out more by accessing these links:

[Stone Age Food for Kids | Hunters and Gatherers \(Catch and Cook\) \(youtube.com\)](#) A video all about food in the **Stone Age**.

[What foods did the Maya eat? - BBC Bitesize](#) Plenty of information about foods enjoyed by the **Mayans**.

[Roman Food - History for kids](#) Learn about the **Romans'** diet and how they introduced food to Britain.

[Food history Facts for Kids \(kiddle.co\)](#) A website for you to find out all about **food and diet**, throughout history.

[Food Timeline | English Heritage \(english-heritage.org.uk\)](#) A super **timeline** about the progression of food throughout British history.

[Inspirational women from history: Food Heritage hero Florence White | Blog | Findmypast.co.uk](#) Find out about our Learning Hero, Florence White.