

What did the people who built Stonehenge eat?

Evidence found by archaeologists and scientists tells us about the food and diet of the people who built Stonehenge.



Nuts: Hazelnut shells are a common type of food waste found at Neolithic sites in Britain.



Pork: The animal remains at Durrington Walls were mainly pig bones. This leads us to believe that pork was a very popular feasting food.



Apples: Crab apple seeds have been found at Durrington Walls, which suggests that people were collecting and eating apples.



Honey: Honey from bees would have been available at the time of Stonehenge.



Milk & cheese: At Durrington Walls, small pots with grooved decorations were probably used for preparing and storing cow's milk and soft cheese.



Blackberries: Scientists have found evidence of blackberries growing in Britain during the Neolithic period and believe that these would have been gathered to eat.



Leafy vegetables: Neolithic people would have searched around Stonehenge for leafy vegetables such as nettles, sorrel, burdock, wood garlic, celery, yarrow and mint.



Beef stew: Cattle (cow) bones were also found in the middens at Durrington Walls and other similar sites. The fats preserved inside the ancient pots suggest they may have been making stews.

Use the space below to keep a record of everything you eat and drink in one day:

MORNING:

LUNCH:

EVENING:

DRINKS:

SNACKS:

Draw a circle around any of the food in your diary that might have also been eaten by the people building Stonehenge.