

## The Ancient Greeks and the food they ate.

The Ancient Greeks ate lots of delicious food. Most Greeks ate three meals a day just like us in modern times. They would have three main meals a day sometimes more. Their main meal was dinner and it was always after sunset and with a dessert. Men and women ate separately, if they had slaves the slaves would feed the men then the woman then the slaves would eat whatever was left over. If the family did not have slaves then the women would feed the men first then eat themselves afterwards. Athenian's had banquets and ate lying down but Sparta's liked to ration their food. Ancient Greeks often ate with their hands.

Most Ancient Greeks were farmers so they ate food they grew because they had a mild climate so they could grow lots of vegetables and fruit as long as they got rain. Ancient Greeks diets was almost vegetarian. Common vegetables were asparagus, fennel, cucumber, chickpeas, and celery. They even ate stinging nettles. Ancient Greeks also grew olives, grapes, figs and wheat and raised goats for milk and cheese. They ate fish, squid and shellfish but Ancient Greeks rarely ate meat because they didn't like killing animals for meat. If they did eat meat they often ate it on skewers or spits on the fire. Meal sizes were small but they loved wine and drank it every day, they made it from the grapes they grew. Spartans often had 'black broth' and bread for breakfast and drank boiled malt drinks with peppermint or thyme they believed it had healing properties.

Ancient Greeks linked their foods to religious gods and tales, when there was a drought and shortage, they believed they were being punished by the gods and if there was plentiful amounts life was good. The Greeks had some strange superstitions about food, some wouldn't eat beans as they thought they contained the souls of the dead. The food Ancient Greeks ate is known as a Mediterranean diet that many European countries enjoy today.

