



## The Stone Age

**WALT:** How did the Stone Age Britons get their food?



Today, we are going to be learning about the Stone Age Britons and how they had their daily meal.

Stone Age Britons didn't have the technology we have now which means they couldn't go to Asda or Sainsburys to buy their food.

*What do you think they might have done instead?*

Stone Age Britons were **hunter-gatherers**. This meant they had to find or catch everything they ate. They moved from place to place in search of food. They hunted animals for their meat and their skins which they used as clothes. Those who lived near water caught fish using nets. They collected fruit and nuts to add to their diet.

**However..**

In the later phase of the Stone Age, Stone Age Britons stopped being hunter-gatherers and started to **farm**.

[Watch this video to find out more about life in the Stone Age and how they caught their food!](#)

## Why farming?



Being hunter-gatherers meant there wasn't always a reliable supply of food. Farming their own food meant people could guarantee there would be enough to eat and that tribes could settle in one area for the whole year. They were much more happier knowing they didn't have to keep moving!

Farms were made by clearing wooded areas and building houses surrounded by farms. The wood was used to build houses and for fuel. By 3500 BC, there were farms all across the Stone Age world. WOW!



*1 - What kind of foods do you think they used to grow? Do you think they had any animals?*

## Crops



Farmers grew a variety of crops. Wheat and barley were used to make flour, which was then turned into bread and porridge. A plant called **flax** was turned into material to make clothes. Other farmers grew beans and peas.

### Did You Know?

A piece of bread from the Stone Age was found in Oxfordshire. Archaeologists think it was from around 3600 BC!

## Animals



Stone Age farmers kept animals too. These animals included cows, sheep, goats and pigs.

The farmers could get meat, milk and leather from cows; meat, milk and wool from sheep and goats, and meat from pigs.

TASK: Fill in the blanks.

In the \_\_\_\_\_ Age there were many types of humans. In the early Stone Age people survived by \_\_\_\_\_ wild animals and gathering nuts, fruits and \_\_\_\_\_. This made the people move home a lot and it took most of their time every day.

Later in the Stone Age people started to keep some animals and \_\_\_\_\_ vegetables. This took a lot less \_\_\_\_\_ than hunting and gathering and it people did not have to move \_\_\_\_\_ as much.

**Missing Words:**

Stone, berries, hunting, time, home, farm