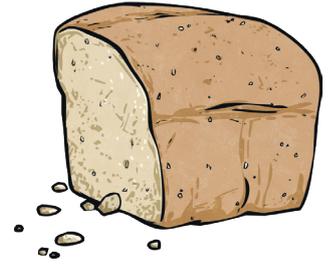


Ancient Egyptian Food and Drink

The Egyptians relied on the river Nile and the rich, fertile soil that surrounded the river for nearly all of their food and drink. Fishing and agriculture were two of the most important jobs in ancient Egypt. The weather played a big part in the success of crops. A long drought could mean a whole year's crops would be lost and people would need to survive on food that was stored from the previous year's harvest. What sort of things did the ancient Egyptians eat and drink?

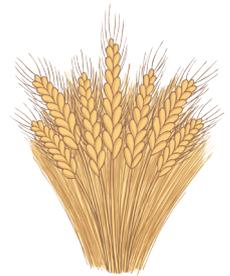
Bread

Bread was the most important and frequently eaten food. There were many different types of bread and it came in a wide range of shapes and sizes.



Cereals

Wheat, barley and corn were cultivated in the rich fields nearby to the river Nile. Cereal crops, just like today, were important in the production of a wide range of food and drink, including bread and beer.



Fruit and Vegetables

Lots of vegetables and fruit that we recognise today would have been eaten by ancient Egyptians. They were known to have eaten lettuce, cucumber, onions, peas, beans, garlic, figs, dates, pomegranate and watermelon.



Fish

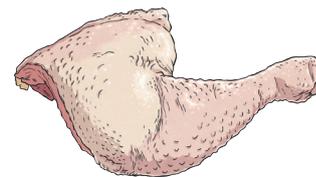
The river Nile had many different species of fish that could be caught and eaten. Drawings and paintings have told historians a lot about how ancient Egyptians caught their fish.



Ancient Egyptian Food and Drink

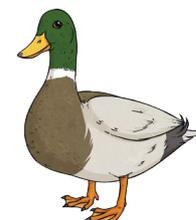
Meat

Animals were bred in captivity or hunted for their meat. Only the wealthiest people ate meat regularly as part of their diet and this would have included cows, goats, pigs, and even antelope!



Birds

Ancient Egyptians kept ducks for their meat as well as their eggs. They also would have hunted and eaten geese, swans and pigeons!



Beer

This was the most commonly consumed beverage for the lower classes of ancient Egypt. The brewing process meant that beer was safer to drink than water, which was often polluted. Beer was made using bread and yeast.



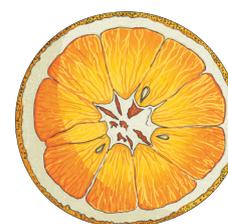
Wine

The ancient Egyptians were good at growing grapes and making wine. There are many paintings and drawings showing the winemaking process.



Fruit Juice

The wide range of fruits that grew in the hot climate of Egypt meant that the ancient Egyptians had a wide range of fruit juices to drink. These included figs, grapes and pomegranate.



Dairy

The ancient Egyptians drank milk and made cheese from cow's and goat's milk.

