

What Did Stone Age People Eat?

Stone Age people were initially hunter-gatherers, eating nuts, berries and fruits that they gathered and meat and fish that they hunted.

Animals, such as mammoths, were much bigger during this time so hunting them would have been hard work but they would provide enough food for a village.

During the Neolithic era, Stone Age people became farmers, which meant that they grew much of the food they needed for their village.



What Did Stone Age People Wear?

Due to changing weather, Stone Age clothing had to keep people warm. After animals were hunted, their skins would be removed before the meat was eaten. These would be cleaned using stone tools and then washed. There is evidence that needles and thread were invented during the Stone Age.

Men, women and children wore similar clothing:

- a tunic made from two pieces of rectangular animal skin bound (or later sewn) together with a hole for the head;
- a belt possibly made from grasses;
- simple leather **moccasin** shoes;
- jewellery might be added for decoration.

Glossary

hearth: Fireplace.

hominids: Humans or close relatives of humans.

moccasin: A soft leather slipper or shoe with the sole turned up on all sides and sewn at the top in a simple gathered seam.

nomadic: Travelling from place to place with no permanent home.