

Who Doesn't Need Food?

Food is important. Just as a car needs fuel to run, human bodies need fuel, too. Nobody can live for long without food. So it's just as well most people enjoy food—and love eating!

People spend a lot of time growing, harvesting, hunting, shopping for, cooking and eating food. Restaurants and supermarkets try to persuade us to buy more of it.

When there's not enough food, when crops fail or droughts or floods occur, it can be a disaster. Thousands of people can die.

But when there is enough food, food can be a lot of fun. People can eat it—and enjoy it.

So let's eat!



Food from the Past

Did people in the past eat the same things we eat today? We know some foods they ate are much the same as modern foods. Think about bread—that's been around for thousands of years. But some foods eaten in the past were very different.

So how do we know what people ate in the past, and how they prepared their food? **Archaeology** and written records can sometimes show us.

If archaeologists **excavating** a Roman fort in Britain dig up oyster shells, pig bones and chicken bones, they can be reasonably certain that the Romans who lived there long ago ate seafood, pork and chicken.

Archaeology can tell us → a lot about what people ate long ago.

