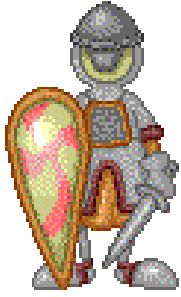


# Foul Food in Medieval England

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The food eaten by peasants in medieval times was very different than food eaten by rich people. Villagers ate the food that they grew so if their crops failed then they had no food.

Sometimes if peasants were desperate they might eat cats, dogs and rats.

Rich people always had plenty to eat. They ate fresh meat, chickens and geese. Salted meat was eaten in winter and boiled in large cauldrons and served as stew.

Meat of all kinds was eaten. Herrings, eels and salted fish were very popular. Everybody drank cider, beer and wine. Even children drank beer for breakfast.

Large towns even had takeaway food. You could buy delicious hot thrushes, two for a penny, and a tasty hot sheep's foot. They would even deliver food to your door.

Some food sellers cheated though. Many added sand to their loaves and in one disgusting case a loaf was found that contained cobwebs.

Look at the two lists below. They show the different foods that rich and poor people ate in the Middle Ages.

## Peasant's Food

Black bread  
Beer  
Eggs  
Cheese  
Beans  
Corn  
Soup  
Stew  
Pottage  
Bacon  
Cabbage  
Cider  
Dogs

## Noble's Food

white bread  
pork  
geese  
veal  
whale  
eel  
stuffed chicken  
fish pie  
wine  
sheep  
rabbit  
sugar  
honey

Imagine that you run a café in medieval times and you need to provide a banquet for either the lord of the manor or a peasant. Design a menu to show people what they will be eating. Make up a name for your café and decorate your menu to make it look attractive. The pictures should reflect the life and times of the villagers.