

## What did the Iron Age Celts eat and where did their food come from?

Bread, stews, porridge and beer were probably what most people in Iron Age Britain ate and drank most of the time. The Celts usually cooked their food over a central fire in a round house and they used grains to make their bread.

They ate eggs from hens and wild birds and made butter and cheese. They ate honey from their own bees and used this natural honey to sweeten their food.

They ate cabbage, parsnips, apples, spinach, blueberries and blackberries.

They ate fresh, dried and salted meat including chicken, goat, sheep, pigs, wild boar, deer, beaver, fox and bear. They even sometimes ate dog.



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