

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 Iron Age Celts usually cooked over a central fire in a round house. The Celts ate domestic animals like chicken, goat, sheep and pigs. Sometimes they even ate dog. They also ate wild boar, deer, beaver, fox and bear. Dried salted meat was eaten too.

They picked and ate blueberries and blackberries. They ate nettles and spinach. They ate vegetables such as cabbage and parsnips and used grain to make their bread. They also ate eggs from hens and wild birds and honey from their own bees. They used the honey to sweeten their food.



By Harrison