



Year 4- Viking Food

What I should already know:

- Use the basic principles of a healthy and varied diet to prepare dishes.
- Understand where food comes from.



At the end of this topic, I will know:

- Understand and apply the principles of a healthy and varied diet.
- Prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques.
- Understand seasonality, and know where and how a variety of ingredients are grown, reared, caught and processed.

Key Facts:

Typically, Viking families usually ate twice a day.

Vikings are renowned across the world for their banquet feasts with wild boar, fish, meat and plenty of vegetables. Viking feasts usually lasted a long time, and they enjoyed plenty of drinks.

A typical Viking wedding celebration could last for weeks!

In an attempt to preserve these available foods, the process of smoking and drying was widely used. Even before the year 1000, the Vikings were catching and drying cod so that they could take it with them on their voyages.



Viking Food

Vegetables	Leeks, onions, turnips, parsnips, mushrooms, cabbage and carrots. Vegetables were a top choice for soups.
Wild nuts	Hazelnuts and walnuts.
Berries	Gooseberries, blackberries and blueberries. Berries were a popular choice for Vikings.
Grains	To make bread and also porridge
Herbs	Fennel, common sorrel, wild garlic, parsley.
Leaves	Nettles and spinach.
Dairy Products	Milk, cheese, curds, skyr, whey and butter.
Meat	The Vikings reared animals for consumption, and they also were keen hunters. They often preserved and salted meat to keep it for longer through the harsh winters.
Meat	Deer, wild boar, fox, beaver, goat, lambs quarters, mutton, horse meat and bear. All made a traditional Viking night meal.
Fish	Viking fishermen used both nets and barbed hooks to catch fish. They caught freshwater fish (such as trout, salmon and eels) in the many lakes of Europe and herring, mackerel and cod fish in the Baltic Sea, the North Sea and the North Atlantic Ocean. Fish formed a significant part of the Viking's diet and was a popular food choice.