**Medieval Food Reading Questions**

Read the web page below and answer the following questions:

[Feasting on peacock and porpoise: The weird world of medieval cuisine - History Skills](https://www.historyskills.com/classroom/year-8/medieval-food/)

1. What time period does the term "Middle Ages" refer to?
2. How did the socio-economic conditions of the era influence medieval cuisine?
3. What was the role of feasting in medieval life?
4. How did geography and climate affect the diets of medieval people?
5. What preservation methods were used in Northern Europe due to long winters?
6. How did the Mediterranean diet differ from that of Northern Europe?
7. What were some of the unusual meats consumed by the wealthy in the Middle Ages?
8. What were 'sotelties' or 'subtleties' in medieval cuisine?
9. How did the humoral theory of medicine influence medieval diets?
10. What were some of the foods believed to possess healing properties in the Middle Ages?
11. How did religion influence food choices in the Middle Ages?
12. What was a peculiar dish served at medieval feasts and who was a fan of it?
13. What challenges do modern attempts to recreate medieval food face?

**Paragraph Writing**

*What was the role of food in reflecting the social hierarchy and cultural practices of the Middle Ages?*