

Elder College: History of Food
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November 21, 2018

Week 3 Outline: Eating: What, Who, When, How, Where?

What:

Seasonal food, staples.

Examples: Ancient Rome
Vikings
Middle Ages
Meat eating
Sugar and spices

Food, health and morality:

Ancient Greeks
Medieval Church
Food in Chaucer (late 14th century)

How: eating practices; tools and equipment

Where: street vendors, cook shops, restaurants, food deserts, farmers' markets, CSAs

Websites

Mediaeval gingerbread: <http://www.godecookery.com/ginger/ginger.htm>

Cluniac friars:

<https://www.theguardian.com/uk/2004/jul/15/highereducation.artsandhumanities>

Renaissance table manners: <https://www.nationalgeographic.com/archaeology-and-history/magazine/2017/03-04/table-manners-renaissance-catherine-de-medici/>

Spoons:

https://commons.wikimedia.org/wiki/File:History_of_Inventions_USNM_09_Spoon.png

Forks: <https://leitesculinaria.com/1157/writings-origins-fork.html>