

Medieval food-



In the medieval time, the lord dined in the great hall of their castle or manor house. They sat in a high-backed chair of the large room with their family and special guests. Less important people ate sitting on stools or benches at trestle tables lower down the hall. The lord's table stood on a platform of wood or stone.

The lord ate their meals of wooden plates or out of bowls. They also used large slices of day-old bread as plates for the meat. Although they had knives and spoons, there were no forks, so most people used their fingers. Dogs, and sometimes beggars, wandered around the tables looking for scraps.

They ate well, even during winter. They ate well, unlike most of the people who lived on his manor, and they could afford to buy salt to preserve meat all the year round. They could also afford pepper to spice tasteless food. They could go hunting and therefore they could eat fresh meat like "bird warbler" and "cathead"



In the medieval time, the poor people dined in a small house. They sat in a small chair in a dark room with their relatives. The poor people's table stood on a platform of stone. The poor people ate their meals and after they went to work. They haven't piece of cutlery: spoon, fork and knife. They ate not much food and went to bed still starving. Even if they didn't have nice tables they created some new dishes and called them in Sicilian dialet

"sardi a beccaficu"

and "caponata"



You can still eat "Sardi a beccaficu" and "Caponata" because nowadays they are typical Sicilian dish.

Quiz

- Where did the Lord dine in Medieval time?
 - In the great hall of their castle.
 - In a small hall of their house.
 - In the garden.
- Who did they eat with?
 - They ate alone.
 - They ate with their family.
 - They ate with their family and special guest
- Where did less important people eat?
 1. They ate up in the castle.
 2. They ate sitting on stools or benches at trestle tables lower down the hall.
 3. They ate in the garden.
- Where did the Lord's Table stand?
 1. The Lord's Table stood on a platform of wood or stone.
 2. The lord's table stood in the country.
 3. The Lord's Table stood in a big room.
- What did the dogs sometimes do?
 1. They Played.
 2. They Wandered around the tables looking for scraps.
 3. They are out the hall.
- What did the poor people eat?
 1. They ate Sardi A beccaficu and caponata
 2. They ate meat.
 3. They ate cheese.