

FOOD - WHAT DID THE PEOPLE EAT EVERY DAY?

(F)

The poor ate simple food. If a man was wealthy he had many other foods also.

MEALS OF THE POOR	OTHER FOOD THAT IS MORE COSTLY
Barley Bread and butter or olive oil	Wheat bread and butter
Lentils, Beans and Peas	Melons, cucumbers, celery, Relishes - onions, garlic and olives
Goat's milk and the milk of the oxen and camel Grapejuice	Grapejuice Pomegranate juice
Little meat Some fish and cheese	More meat - sheep, goats, venison wild fowl
Grapes and raisins, figs dates, pomegranates	Also nuts and honey