

ANCIENT GREEK FOOD - A FACT FILE

What was the Ancient Greek diet like?

The Greek diet was very healthy. They grew wheat and made breads and cereals and noodles. They grew olives and figs and grapes. They grew all kinds of vegetables. They kept goats for milk and cheese. They fished in their many waterways and streams.



< Image of cucumber, tomatoes, feta, olives and garlic.

The Greeks made homemade wine. They made jams and jellies. They kept beehives for honey. They made delicious sweet deserts; one famous one that you may have heard of is called baklava, and another is called pasteli, a sweet treat (like an energy snack bar) made of honey and sesame seeds.



< Image of baklava, a sweet greek treat made from filo pastry, nuts and honey.

Meals were prepared in the courtyards, the open-air center of each home.



< Image of an Ancient Greek home with courtyard.

In the larger Greek city states, you could buy meat in cook shops. It was expensive, so only the wealthy families could afford to buy it.

What was an Ancient Greek dinner like?

Dinner was and still is the most important meal of the day in Greece. In ancient times, it was when everyone would gather with friends—not family—and discuss things like philosophy or maybe just daily events.

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What were some of the dinner customs in Ancient Greece?

Men and women normally ate separately. If a family had slaves, the slaves would serve the men their dinner first, then the women and finally themselves. If the family didn't have slaves, the women of the house served the men first and they ate when the men were finished.

Dinner was the meal of the day when the most food was consumed. The Ancient Greeks would eat eggs from quail and hens, fish, legumes, olives, cheeses, bread, figs, and any vegetables they could grow, which might include arugula, asparagus, cabbage, carrots and cucumbers. As previously stated, meats were reserved for the wealthy.



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