



DT – Advent 2

Traditional Viking Food

What did the Vikings eat?

With no shops or supermarkets, the Vikings grew, hunted or caught everything they ate. In Britain, vegetables that could be grown included leeks, turnips and carrots. They would have gathered wild plums or crab apples.

The Vikings kept animals such as chickens, sheep and pigs. Meat, eggs, milk and cheese were produced by these animals. The Vikings also ate fish, such as herring and cod, and cured meat like bacon.



Vikings who lived near rivers or the sea would have caught fish to eat as they were often skilled fishermen. Honey was collected from bees to use in food and drink. Porridge and bread were made using grains. Stews were popular dishes because of the ingredients that were available.



Glossary

Grains

Tiny, edible seeds that come from plants like wheat, rice, and oats. They are used to make many different types of food, such as bread, cereal, and pasta.



Salting

The process of adding salt to food to give it flavour or preserve it. Salt can enhance the taste of food and help keep it from spoiling.

Smoking

A method of cooking or preserving food using smoke. By exposing the food to smoke, it can develop a unique flavour and also extend its shelf life.

Preservative

A substance added to food or other products to help them stay fresh for longer. It prevents the growth of bacteria, moulds, and other harmful substances that can cause spoilage and decay.

How did the Vikings store their food?

In the days before fridges and freezers, storing food wasn't a simple matter. Meat and fish could be kept for longer by smoking or salting them. Smoking was when meat or fish was hung above a fire. The smoke from the fire drew the moisture out from the meat, which made it last longer. Salt rubbed into food acted as a preservative, which meant it was edible for longer.