



Food and Drink





Bread and beer were the main food and drink in an Egyptian's diet. Both were made in a similar way, using emmer wheat or barley. Grinding the wheat and barley took a lot of time.

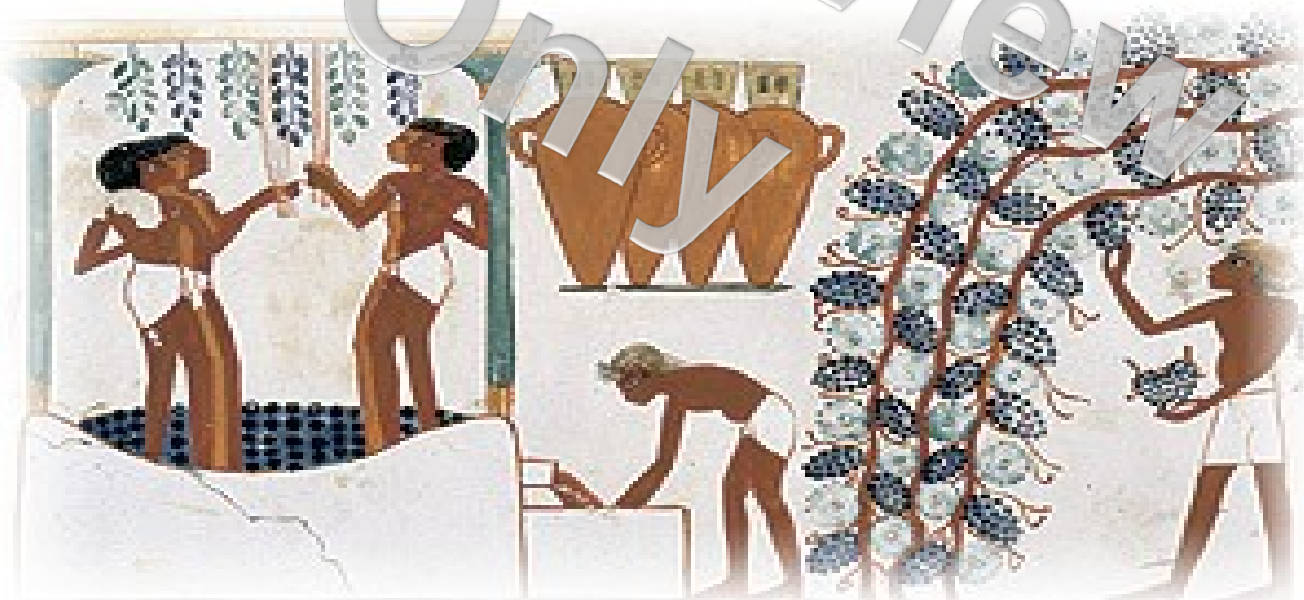
Stones were used to grind them, and the grinding was sometimes done by the women.





Bread was eaten with every meal and was made in the home until around the New Kingdom, when bakeries became common. Loaves were made in various shapes and sizes. Pictures of serving bread can often be seen in Egyptian tombs.

Beans, onions, garlic, leeks, lettuces and cucumbers were amongst the most regular supplies of vegetables available to the Ancient Egyptians. Grapes were used in the making of wine, although this was usually only drunk by the wealthier Egyptians.





Gardens were very popular, and were often used to grow fruit trees and crops throughout the year. Fruits included dates, figs, grapes, pomegranates and palm nuts. Fruit was often dried in order to preserve it.





Ducks were kept for their eggs and meat, and from the New Kingdom onwards the Egyptians also kept hens for their eggs and meat too. In addition to being used as a source of meat, cattle and livestock were also used to provide milk for making cheese.

