DT – Design a Viking meal

What did the Vikings eat?

Carry out some research to find out what the Vikings would eat.

**Write a paragraph** about the different foods that they ate and why they ate those foods.

The following websites will help you with your research:

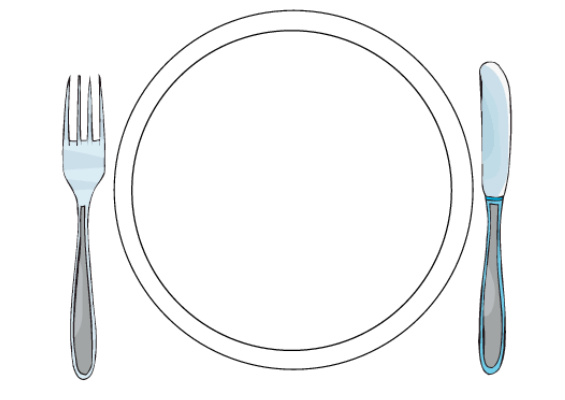
<https://www.bbc.co.uk/bitesize/clips/z4pnvcw#:~:text=Vikings%20ate%20fruit%20and%20vegetables,tools%20for%20hand%20grinding%20grain.>

<http://www.primaryhomeworkhelp.co.uk/viking/food.html>

<https://www.fotevikensmuseum.se/d/en/vikingar/hur/mat/recept>

**Design a meal for your family** that the Vikings could have made during their time.

**Draw the meal and label the ingredients that the Vikings would have had to make it.**



If you can get hold of the ingredients for this meal, you can make it as part of your DT work next week!