

# Food

The ancient Greeks ate a wide variety of foods.

They usually ate three meals a day. The largest of these meals was the evening meal.

## Breakfast

Most ancient Greeks ate bread (made from barley) which they dipped in wine for breakfast. The wine would probably have been used to soften up the hard bread.

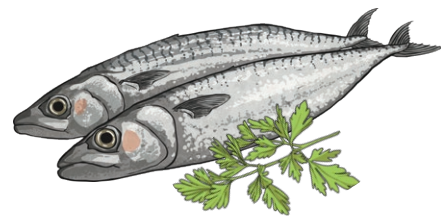
## Lunch

Lunch was always a light meal and the ancient Greeks did not spend a great deal of time eating lunch. They would eat foods such as bread, figs, cheese and olives at lunchtime.



## Dinner

The evening meal would normally be eaten with friends and was a more substantial meal. Fish was very popular in ancient Greek times and meals would often include tuna and anchovies. Other fish such as mullet, sardines and eels were also often enjoyed. Meat was very expensive and only for the very rich. Vegetables such as onions, lettuce, peas and beans would have been part of an ancient Greek diet, as would fruits such as apples, berries and plums. The ancient Greeks used a wide range of herbs and spices to flavour their meals. These included basil, thyme, coriander and mint. Again, bread would be eaten as part of the evening meal. Bread was very popular in ancient Greek times. Although the ancient Greeks ate a lot of different types of foods, they ate small amounts. They believed that they should not overeat and fill their stomachs up too much.



## Popular Foods



Olive oil was extremely important, especially in the city of Athens, as the Greeks believed that the goddess Athena had given the olive tree to the people of their city as a gift. Olive oil was used for cooking and was also provided on the table so that diners could pour it onto their food.

Eggs were eaten widely. These were either boiled, sucked out of the shell or made into a type of omelette by adding them to milk and cheese. Snails were also a popular addition to a meal.

## Drinks

Wine was widely available and was usually drunk with every meal. The ancient Greeks enjoyed the taste and were social drinkers. The wine was watered down and sometimes honey was added to sweeten it.

