



Everyone knows Egypt is mostly a hot desert country. But let's not forget about the **River Nile**, from which annual flooding left dense layers of soil along its banks, making the Nile Valley one of the most fertile areas of the ancient world.

The ancient Egyptians enjoyed many foods including several varieties of fruits, vegetables, and grains. Bread was very common, as was beef, goat, and mutton. Beef was sometimes dried and flavored with spices, which some experts think might have tasted like teriyaki! Poultry included goose, pigeon, duck, heron, and crane. The Egyptians also fished the Nile for perch, catfish, and mullet. They made cheese, and recently a 5,000-year-old cheese was discovered in a tomb. Now that's well-aged cheese!

Wine was made from grapes, pomegranates, plums, and dates. Beer was fermented then flavored with dates or honey. Milk was another common beverage.

To the right is a list of ingredients enjoyed by the ancient Egyptians, all easily found on a quick trip to your local grocery store!

For added authenticity, find a comfortable spot along a river and imagine you're on the banks of the Nile with palm trees swaying and pyramids shimmering on the horizon.

ANCIENT EGYPTIAN FOOD TRIVIA

Which of the following foods was not grown in ancient Egypt?

- A) Tomatoes
- B) Radishes
- C) Lentils
- D) Garlic



Satellite image of the Nile River Valley.

ANCIENT EGYPTIAN PICNIC MENU

Food

- Flatbread (pita or naan, for example)
- Cucumbers
- Grapes
- Dates
- Figs
- Raisins
- Feta cheese
- Honey
- Beef jerky
- Dessert: Melon

Beverages

- Milk
- Water
- For adults: Wine or beer