

KS2 Ancient Egyptians: Discovery and Debate – Lunch ideas

Be an Ancient Egyptian for the day and transform your packed lunch into a Egyptian feast!

Things to include in your Ancient Egyptian lunch:

- Bread
- Fish. All Ancient Egyptians ate all kinds of fish from the River Nile
- Chicken, beef and/or duck. Richer Ancient Egyptians would have eaten these
- Snacks such as figs, grapes, pomegranates and dates
- Cucumber
- Snacks and cakes sweetened with honey such as oat bars. No sugar allowed!
- Water or milk to drink in screw top bottles

Things NOT to include:

- Fizzy drinks
- Crisps
- Sweets
- Containers made of polythene, plastic or foil – instead, wrap your lunch in a brown paper bag or a cloth

Enjoy your Ancient Egyptian lunch!

