



Food Through the Ages

The first settlers arrived in Ireland over 10,000 years ago. The variety of food we have available today has changed a lot due to transport but many foods are still the same. Using the table below, can you separate the listed food between what is eaten today and what was eaten in Ireland 10,000 years ago? Some foods can apply to both.

Milk Oranges Porridge Tea Cheese
Butter Bananas Bread Potatoes Fish
Tomatoes Carrots

Today	10,000 years ago