**Fish**

Surprisingly fish were the most popular choice of prey for a Stone Age hunter, much more so than a Woolly Mammoth.

Fish are available all year round and you don’t need to travel to find them, they come to you straight down the river! Plus, hunting fish is relatively risk-free, they won’t try to bite your knees off like a Smilodon.

This is why Ancient settlements would be built next to rivers – plentiful food



**Meats**

**Stone Age** hunters would catch any animal they could find, including **deer**, **hares**, **rhinos**, **hyenas**, and even **wooly mammoths**! They would use weapons made of bone, ivory, antlers, wood, flint, or stone. Meat was either cooked for food or dried and preserved to be eaten later. Bones could also be smashed so the marrow could be eaten. This was high in fat and was a good source of energy. **Insects:**Yes they even ate insects! They would eat snails and caterpillars.

Early **Stone Age** people would use stone axes, rocks, or sharpened wooden spears.  They would add a sharp bone or flint tip to their spears. **Stone Age** hunters perfected the art of **spear throwing** which meant they could throw their weapons further and kill or wound an animal from a safe distance. By around 12,000 BC **Stone Age** people were using **domesticated dogs** to help hunt animals.

If they lived by the coast or a river, **Stone Age** people would even hunt for seabirds and seals. Stone Age people were completely dependent on whatever they could hunt or gather in their local area for food!

Bones and antlers could be used to make tools or weapons.

Animal fur and pelts were used to make clothing.

Animal fat was used in lamps as it burned well.

Plants

Plants were very plentiful in the Stone Age and many of them would be eaten by our prehistoric peers.

**Fruits and plants: Stone Age** people collected all sorts of plants like nettles and dandelion leaves. Wild fruit like plums and other berries could be a tasty, sweet treat!

**Nuts:**Acorns and hazelnuts provided **Stone Age**people with protein and natural fat. They would also grind down wild grass seeds to make porridge.

Fruits, nuts and berries were a hit with gatherers as they provided a wide range of nutrients, they were tasty too!

Unlike meat, fruits, nuts and berries can also be eaten immediately, no cooking required.

Fruit could also be left in the sun to ferment and become a bit like alcohol, great for providing extra calories.

The only problem was you couldn’t rely on fruits and nuts all year round – summer and autumn only.

Nettles and dandelions would be gobbled up, though proper preparation must be undertaken to ensure no one is stung or made ill.

Some plants may have been used as medicine too.