**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.

**Eggs:**It was a lucky day if **Stone Age**people found a nest of eggs to raid. Some would also break into beehives to steal some honey.

**Insects:**Yes they even ate insects! They would eat snails and caterpillars.

**Herbs:**These would be used to flavour 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.

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. They would also hunt for fish with nets and hooks. Stone Age people were completely dependent on whatever they could hunt or gather in their local area for food!

Meat was either cooked for food or dried and preserved to be eaten later.

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

Bones could also be smashed so the marrow could be eaten. This was high in fat and was a good source of energy.

Animal fur and pelts were used to make clothing.

Animal fat was used in lamps as it burned well.