

CLIL Unit 2023/24  
IES Vega de Atarfe

*Nutrition*

*History*

# *Food timeline*



**HOMO ERECTUS** emerges in Africa. They are hunters and gatherers<sup>1</sup> - this means that they move from place to place to find food.

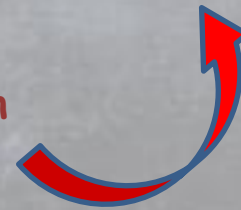
**Around 2 million years ago**



- ✓ *It keeps them warm*
- ✓ *They have light at night and protection against predators*
- ✓ *They can cook food*

Early humans begin to control FIRE

**Around 1,7 million years ago**



**Around 300,000 years ago**



**HOMO SAPIENS** (modern humans) evolves<sup>2</sup> in Africa and moves to Europe and Asia

1 recolectores  
2 evoluciona



The NEOLITHIC REVOLUTION

Humans begin to domesticate plants.  
They start to grow their own food.  
**AGRICULTURE is born**

Around 12,000  
years ago



Cities and their  
population grow



Thanks to farming,  
permanent settlements<sup>1</sup>  
appear and there is a  
reliable food supply<sup>2</sup>

Around 10,000  
years ago



1 asentamientos  
2 suministro de alimentos fiable



In MEXICO, they grow  
zucchini and maize



In CHINA, they grow  
rice and millet

Around 12,000 – 8,000 years ago



In MESOPOTAMIA, they grow  
wheat, barley, peas and figs

They also domesticate cows,  
pigs, goats and sheep

today Iraq, Kuwait,  
Syria and parts of  
Turkey





Lake dwellers<sup>1</sup>  
crush<sup>2</sup> grain and  
cereals to make  
flour and then  
bread.

6,000 BC



Lemons, bananas,  
limes and oranges  
originate in East  
and South Asia

4,000 BC

The Egyptians  
sun-dry fish and  
chicken.

2,600 BC

Watermelons  
are grown in  
Africa

2,000 BC

Rice is grown  
in China

5,000 BC

Potatoes are  
harvested<sup>3</sup> in the  
Andes Mountains in  
South America

3,000 BC

Olive trees are  
grown on the  
island of Crete.  
(Greece)

2,400 BC

- 1 habitantes
- 2 moler
- 3 cosechadas



From 1500 BC onwards <sup>1</sup>, all the main food plants that we eat today exist in the world.



Apricots are grown in China

Peanuts are grown and eaten in South America

The Egyptians and the Turks grow and eat cauliflowers

1,600 BC

1,000 BC

950 BC

550 BC

400 BC

350 BC

The Chinese cut ice and use it to keep food fresh

Peaches are grown in China.

A Greek author writes a collection of recipes<sup>2</sup>. It may be the first ever 'COOKBOOK'

1 en adelante  
2 recetas





Alexander The Great brings to Greece bananas and lemons from India

325 BC

200 BC

The Britons are making cheese

54 BC

Coffee is discovered by an Arab goat herd<sup>2</sup> in Ethiopia.

850

1148

The Japanese make salt from dried seaweed<sup>1</sup> and use it to preserve foods. They also make soy sauce

Green beans and sweet corn are grown in the Americas.

Knights<sup>3</sup> returning from the Crusades in the Middle East, bring sugar to Europe and England.

1 algas secas  
2 rebaño de cabras  
3 caballero





Potatoes from South America arrive in Europe.

1570

The first shop to sell hot chocolate opens in London.

1657

Peter Durand invents tin cans to store food.

1847

Explorers bring strawberries from North America to Europe.

1600

The Earl<sup>1</sup> of Sandwich asks his servants to bring him some beef between two slices<sup>2</sup> of bread.

1762

This is the first sandwich ever!

Coca Cola is bottled for the first time.

1899

1 conde  
2 rebanadas



- 1 inundar
- 2 trigo
- 3 cebada

Egyptians have a lot of food to grow and eat thanks to the NILE river.

It floods<sup>1</sup> every year, bringing fertilizers to the land.



The most important crop is wheat<sup>2</sup>, to make bread for everybody, rich and poor alike.



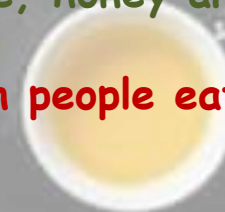
3,000 BC — 600 BC — ANCIENT EGYPT

The second most important crop is barley<sup>3</sup>, to make beer both for kids and adults.

One of the main reasons they drink beer is because water from the Nile makes people sick.

The ancient Egyptians love garlic. They also eat green vegetables, lentils, figs, dates, onions, fish, birds, eggs, cheese, honey and butter.

Rich people eat meat.



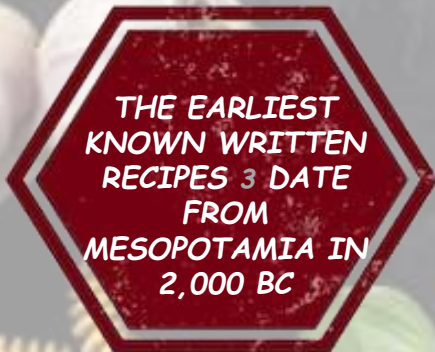


People settle in the **TIGRIS** and **EUPHRATES** river valleys because this area has a lot of resources.

There are 5 different important empires during this period: the Sumerian, Akkadian, Babylonian, Assyrian and Persian.

- ✓ The most significant innovation is cuneiform writing
- ✓ They invent the wheel
- ✓ They write the law<sup>2</sup> to help bring order to their vast territory

**3,000 BC – 500 BC - MESOPOTAMIA** = "BETWEEN RIVERS"



They have a varied diet:

- ✓ Fruit, including apples, pears, figs, apricots, dates and melons.
- ✓ Vegetables, such as cabbage, peas, onions and cucumbers.
- ✓ Beer is a very popular drink in Mesopotamian culture
- ✓ They eat fish and meat from animals such as sheep and pigs.

1 cuna  
2 ley  
3 recetas



Ancient Greece was a civilization that dominated a big part of the Mediterranean.



- 1 ortigas
- 2 rodeada
- 3 directamente

Most Greeks eat an almost vegetarian diet: asparagus, cucumbers, chickpeas, celery and ... nettles!

Much of what we are today comes from them: government, philosophy, science, mathematics, art, literature...

Apples, pears, cherries and nuts are also very common.



## 800 BC — 31 BC — ANCIENT GREECE

ALEXANDER THE GREAT becomes king in 336 BC, when he is 20, and has this huge empire by age 30. ARISTOTLES was his teacher.

Ancient Greeks don't eat much meat. But since Greece is surrounded<sub>2</sub> by water, fish are easy to get.

The star Greek foods are olives and honey, they believe these foods come straight<sub>3</sub> from the Gods.



- ✓ 753 BC - foundation of Rome by **ROMULUS** son of **MARS**, God of war. **Monarchy**
- ✓ 509 BC - the **Republic** period begins
- ✓ 45 BC - **JULIUS CAESAR** becomes the 1<sup>st</sup> **dictator** of Rome.
- ✓ 27 BC - the **Roman Empire** begins with emperor **CAESAR AGUGUSTUS**
- ✓ 565 AD - end of the Roman Empire.



There are:

- ✓ **Patricians** - rich nobles and owners<sup>1</sup> of land.
- ✓ **Plebeians** - servants and tradesmen<sup>2</sup>.
- ✓ **Slaves**

753 BC — 568 AD— ANCIENT ROME



Roman dishes:

**Garum**, a fish sauce, gives Roman cuisine its especial flavour.

Other popular ingredients were honey, olive oil, vinegar and wine.

- ✓ **Pottage**: the most widely<sup>3</sup> consumed dish is a stew prepared with chopped vegetables, bits of meat cheese and herbs.
- ✓ **Salads**: vegetables, fruits and dried fruits
- ✓ **Moretum**: cheese spread<sup>4</sup> (herbs, cheese, olive oil, salt and vinegar) with bread.
- ✓ **Roasted wild boar** is popular and dormices<sup>5</sup> are considered a delicacy,

1 propietarios  
 2 comerciantes, artesanos  
 3 ampliamente  
 4 queso de untar  
 5 DORMOUSE - lirón





**CHRISTOPHER COLUMBUS**  
plans a voyage to discover a  
sea route to Asia.

In January 1492, **QUEEN  
ISABELLA & KING  
FERDINAND** agree to  
support the expedition.

This starts **"THE  
COLUMBIAN EXCHANGE"**:  
plants, animals, people,  
ideas and diseases go to  
America from Europe, Asia  
and Africa and vice versa.

## 1492 — 18TH CENTURY — THE COLUMBIAN EXCHANGE

On October 12th, he reaches  
the Bahamas and two weeks  
later, Cuba.

He is in America.

Until his death he remains  
convinced that he has  
reached Asia.

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PRESENTATION

Turkeys, corn (maize),  
potatoes, sweet potatoes,  
tomatoes, peanuts,  
pumpkins, squashes,  
pineapples, chili peppers,  
avocados, vanilla and cacao  
come from America.

# Acknowledgements

Images by Freepik

Kidcyber - Food History - A Time Line

Foodtimeline.org

Wikipedia- Timeline of Prehistory

National Geographic - The Development of Agriculture

History for kids - Egyptian Food

Daylife of Mesopotamia

Greek Food

Rome

Britannica Kids - The Columbian Exchange