

People who lived during the Middle Ages loved to gather for magnificent feasts. At these banquets food was provided to everyone, not just the wealthy. People were expected to follow specific rules at each meal. They were told how to eat, where to sit, and what table manners were expected. Hard pieces of bread, called trenchers, were used like plates on which to serve the food. Spoons, forks, and knives were used for eating.

The food that was provided depended on what was plentiful in the region. In Northern Europe, cattle and sheep were the main sources of food, but in Southern Europe fruits, vegetables, and herbs were plentiful. Olive oil was present at every table.

Meals often consisted of up to six courses. During a feast, the meats served were either smoked or dried, and fruit and vegetables were pickled. Pickling, smoking, and drying were ways people preserved food. Spices also were used to hide the taste of rotting food! Wealthy households often kept bees to provide honey to use as a sweetener. Some also had water channeled inside from a fishpond or creek.

- 1** During the Middle Ages, people
- a** ate only fruit.
  - b** loved to eat together.
  - c** used olive oil.
  - d** Both **b** and **c**.
- 2** In Northern Europe
- a** meat was the main food source.
  - b** vegetables were the main food source.
  - c** fruits were a major food source.
  - d** herbs were plentiful.

- 3** During a meal, people were expected to
- a** sit wherever they wanted.
  - b** have a hearty appetite.
  - c** follow specific rules.
  - d** Both **a** and **c**.
- 4** Trenchers were
- a** spices.
  - b** hard pieces of bread.
  - c** large cups.
  - d** a substitute for spoons.
- 5** The story suggests that during the Middle Ages,
- a** meals were small.
  - b** there were no refrigerators.
  - c** food was easy to prepare.
  - d** there were no eating utensils.
- 6** During the Middle Ages, meat was
- a** dried.
  - b** smoked.
  - c** pickled.
  - d** Either **a** or **b**.
- 7** Spices were used to
- a** pickle vegetables.
  - b** dry out meat.
  - c** hide the taste of rotten food.
  - d** sweeten food.
- 8** The story suggests that
- a** only a few people ate well.
  - b** most people did not have their own supply of honey.
  - c** fruits and vegetables did not rot quickly.
  - d** water was channeled from the ocean.

**1** d

**2** a

**3** c

**4** b

**5** b

**6** d

**7** c

**8** b

SAMPLE