

“Discover what our ancestors used to eat”

National Archeological and Ethnographic Museum “G.A. Sanna” of Sassari

Monday, September 3rd, 2017 from 5:00 to 8:00 p.m.

Did our ancestors follow a diet? Getting their hands on food, using it and preserving it was a tall order. What kind of objects, weapons and instruments were needed for ancient men to play their part in history? In order to respond to these questions and to the curiosities that come about in the world of food with regards to ancient Sardinia, using findings and a historic display, the Sardinian Museums Organization, on Monday, September 3rd, 2017 from 5 to 8 p.m. in the halls of the National Archeological and Ethnographic Museum “G.A. Sanna” of Sassari, via Roma 64, is organizing a recreational-educational workshop and a guided tour for kids, from the ages of 6 to 12, under the title of *“Discover what our ancestors used to eat”*.

The day will be dedicated to learning about the dietary habits through use and traditional cuisine from the past. The first stop on the route is a tour of the museum using themed maps dedicated to ancient foods. After that, the activities in the workshop will accompany the kids as they discover different stamps used to decorate bread, from the Nuraghe period to the modern age in the event titled *“Stamps for bread: creation, history and use of these ancient objects”*.